



Mental Wellness Helpline Numbers for Support and Assistance

Psychiatrist

Dr. Sidharth Sood

Psychologists

Ms. Sapna Kanjani

Ms. Deepshi Jain

Clinical Psychologist

Ms. Ragini Prasad

Ms. Dhanvi Gupta



Tele-MANAS (24/7)



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AASRA (24/7)



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iCall (TISS)
(Monday-Saturday, 8:00 AM-10:00 PM)



022-25521111



Ankahee
(Daily, 4:00 PM-10:00 PM)



+91 86554 86966



Connecting Trust
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Sneha India Foundation (24/7)



044-24640050

In addition, please feel free to reach out to the team or visit the Galgotias Centre for Mental Health (GCMH) for any further support or information:

**Galgotias Centre
for Mental Health**

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