



**SHRI SHANKARACHARYA MAHAVIDYALAYA
JUNWANI, BHILAI NAGAR (C.G.)**

RUN BY SHRI GANGAJALI EDUCATION SOCIETY, BHILA)

**NAAC RE-ACCREDITED WITH 'A' GRADE
(CGPA: 3.10)**

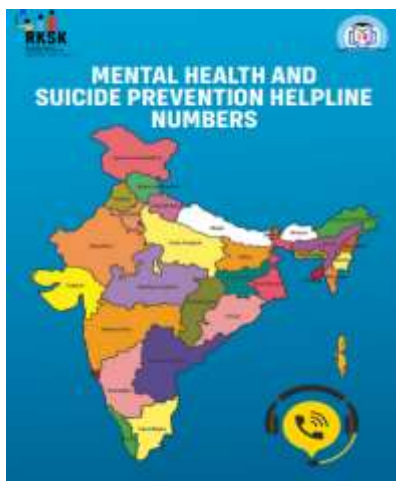
ssmbhilai@yahoo.co.in, ssmbhilai@hotmail.com, www.ssmv.ac.in

(Recognized by Govt. of C.G. & Affiliated to Hemchand Yadav Vishwavidyalaya Durg and Under Section 2(f) and 12(B) of the UGC Act, 1956)

COLLEGE WELLNESS COMMEETEE “UMEED”

CHHATTISGARH HELPLINE LINKS AND NUMBERS

1. <https://nhm.hp.gov.in/storage/app/media/uploaded-files/Mental%20Health%20Support%20Numbers.pdf>



Mental health/ suicide helpline numbers across INDIA
Available in HINDI, ENGLISH and MARATHI.

Name	Contact No.	Timing
Jeevan Aastha helpline (GJ)	1800-233-3330	(24x7)
Aasra	09820466726	
Vandrawela foundation	+91 9999666555	(24x7)
Kiran mental health (govt)	1800-599-0019	(24x7)
One life foundation	7893078930	
Sumaitri	011-46018404	
Fortis stress helpline	91-8376804102	(24x7)
I-CALL Psychosocial helpline (Tiss)	022-25521111	10am- 8pm
Interventional bipolar foundation	91-8888817666	7am-9pm
National institute of behavioural sciences Kolkata	033-22865203	12pm- 8pm
CAN- Helper	09511948920	10am-6pm
Mann talks helpline (MH)	8686139139	9am- 6pm
The institute of mental health(IMH)	9154154092 044-26425585	
NIMHANS centre for well-being	08026685948 08026685948	

2. <https://www.justdial.com/Raipur-Chhattisgarh/Helpines-For-Suicide-Prevention/nct-10246980>



Sangi Mitran New Life De Adiction Centre

4.9 ★ 201 Ratings ⚡ Responsive

📍 Near Ayyappa Temple Tatibandh, Raipur-Chhattisgarh

Open 24 Hrs • 6 Years in Healthcare •

🗨️ "Great customer service" 18 Suggestions

📞 07041481252

💬 WhatsApp

➡️ Send Enquiry



Sahas Nasha Mukti Kendra

4.7 ★ 359 Ratings 

 Gali Number -1 Avanti Vihar, Raipur-Chhattisgarh

Open 24 Hrs • 3 Years in Healthcare

 08197548584

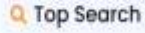
 WhatsApp

 Send Enquiry
Responds in 25 Mins

3. <https://www.justdial.com/Bhilai/Suicide-Prevention-Rehabilitation-Centres-in-Bhilai-3/nct-10955351>



Kalyani Nasha Mukti Kendra

4.3 ★ 30 Ratings 

 Radhika Nagar Road Supela, Bhilai

11:00 am - 4:00 pm • 9 Years in Healthcare

 07411589586

 WhatsApp

 Send Enquiry

4. <https://cgpolice.gov.in/helpline-numbers>

Helpline Numbers

100 "Police Helpline Police Control Room"

181 "Helpline for women in distress" [http://181chhattisgarh\[dot\]in/](http://181chhattisgarh[dot]in/)

1800-180-1253 "Toll-free helpline number for senior citizens"

1800-123-6010 "Toll-free helpline number for Children " For more Information Click here

+91-771-2511253 landline PHQ CID Naya Raipur

5. <https://indianhelpline.com/chhattisgarh>

Chhatishgarh Helpline Number

- POLICE 112
- FIRE STATION 101
- AMBULANCE 102, 104
- WOMEN HELPLINE 1091
- HEALTH CARE COUNCELLING 104
- CHILD HELPLINE 1098
- CITIZEN CALL CENTRE 155300
- STREET LIGHT AND WATER SUPPLY COMPLAIN 1100
- ELECTRICITY COMPLAIN 1912

POLICE CONTROL ROOM : 112, 0771-2424404

Director General of Police, Chattishgarh : TEL - 0771-4240001

WEBSITE: <http://www.cgpolice.gov.in>

MENTAL HEALTH AND SUICIDE PREVENTION HELPLINE ...

Sumaitri. Helpline: 011 23389090, 01146018404, 9315767849, TeleMANAS. 1-8008914416/ 14416.

Mon-Fri (2pm-10pm) Sat-Sun (10am-10pm). Sanjeevani.

6. <https://durg.gov.in/en/helpline/>

Helpline

ECI Helpline 1950	Child Helpline 1098	Women Helpline 1091	Ambulance 102, 108
Police Control Room 100	Electricity Bill 1912	Excise (CSMCL) 14405	Food Department 1800 233 3663
Mid Day Meal 18002331152	CSC Helpline 180030003468	Raksha Team 7247001091	Emergency Service 112

7. <https://telemahas.mohfw.gov.in/home>
8. <https://depwd.gov.in/en/others-helplines/>
9. <https://v2.india.gov.in/directory/helpline>
10. https://www.mea.gov.in/helpline_for_women_in_distress.htm
- 11.

Mental Health Support

1	Tele-Manas	14416	Mental health support
2	Psycho-social, First-aid & counselling helpline	8448-8448-45	Mental health support
3	KIRAN	1800-5990019	Mental health support & rehabilitation
4	National Institute of Mental Health and Neurosciences (NIMHANS) Helpline	080-46110007	provides medical advice, counseling, and rehabilitation.
5	Vandrevala Foundation crisis intervention helpline	91 9999 666 555	Mental Health support , Counselling
6	One Life	78930-78930	Suicide Prevention & Crisis support
7	Jeevan Aastha Helpline, Suicide Prevention and Mental Health Counseling Helpline	1800 233 3330	Mental health support, suicide prevention
8	Aasra	9820466728	NGO named Aasra provides emotional support & counselling
9	Prana Lifeline	1800 121 2023040	Suicide Prevention & Crisis support provided by a counselling center in Coimbatore
10	i CALL	022-25521111	TISS Helpline, Provides psycho social support
11	Helpline by Lifeline	9088030303	Psycho social support