



# Befrienders Initiative (India)

(National Association of Suicide Prevention Centers)

#	Centre Name	Region	Location	Helpline Numbers	Email Address	Working Hours	Website	Languages
1	Ankahe Helpline	West	Mumbai, Maharashtra	<ul style="list-style-type: none"> <li>+91 86554 86966</li> </ul>	Info@ankahehelpline.org	04:00 PM to 10:00 PM Everyday	<a href="https://ankahehelpline.org/">https://ankahehelpline.org/</a>	English, Hindi, Marathi
2	Connecting Trust	West	Pune, Maharashtra	<ul style="list-style-type: none"> <li>+91 99220 01122</li> <li>+91 99220 04305</li> </ul>	connectingngo@gmail.com	10:00 AM to 08:00 PM Everyday	<a href="https://connectingngo.org/">https://connectingngo.org/</a>	English, Hindi, Marathi
3	COOJ Mental Health Foundation	West	Goa	<ul style="list-style-type: none"> <li>+91 63 61612525</li> </ul>	Coojtrust@yahoo.co.in	01:00 PM to 07:00 PM Monday to Friday	<a href="https://cooj.co.in/">https://cooj.co.in/</a>	English, Konkani
4	'Jeevan' Suicide Prevention Centre	East	Jamshedpur, Jharkhand	<ul style="list-style-type: none"> <li>+91 92977 77499</li> <li>+91 92977 77500</li> </ul>	jeevanjamshepur@gmail.com	10:00 AM to 06:00 PM Everyday		English, Hindi
5	Life Bridge Suicide Prevention Centre	South	Kozhikode, Kerala	<ul style="list-style-type: none"> <li>+91 94957 14262</li> <li>+91 495 2760000</li> </ul>	lifebridge@gmail.com	10:00 AM to 06:00 PM Everyday	<a href="https://lifebridgesuicidepreventioncentre.com/">https://lifebridgesuicidepreventioncentre.com/</a>	English, Malayalam
6	Lifeline Foundation	East	Kolkata, West Bengal	<ul style="list-style-type: none"> <li>+91 90880 30303</li> <li>+91 91639 40404</li> </ul>	lifelinekolkata@gmail.com	10:00 AM to 12:00 AM (Midnight) Everyday	<a href="https://www.lifelinefoundation.in/">https://www.lifelinefoundation.in/</a>	English, Hindi, Bengali
7	Maithri	South	Kochi, Kerala	<ul style="list-style-type: none"> <li>+91 484 2540530</li> </ul>	maithrikochi@gmail.com	10:00 AM to 07:30 PM Everyday	<a href="https://maithrikochi.in/">https://maithrikochi.in/</a>	Malayalam
8	Nesam	South	Erode, Tamil Nadu	<ul style="list-style-type: none"> <li>+91 424 2220022</li> </ul>	info@nesam.in	10:00 AM to 08:00 PM Everyday	<a href="https://nesam.in/">https://nesam.in/</a>	Tamil
9	Pratheeksha	South	Paravur, Kerala	<ul style="list-style-type: none"> <li>+91 85471 58830</li> <li>+91 484 2448830</li> </ul>		10:00 AM to 06:00 PM Everyday		Malayalam
10	Roshini	South	Hyderabad, Telangana	<ul style="list-style-type: none"> <li>+91 81420 20033</li> <li>+91 81420 20044</li> </ul>	roshnihelp@gmail.com	11:00 AM to 09:00 PM Everyday	<a href="https://roshinitrust.com/">https://roshinitrust.com/</a>	English, Hindi, Telugu
11	Saath Suicide Prevention Centre	West	Ahmedabad, Gujarat	<ul style="list-style-type: none"> <li>+91 79 26300222</li> <li>+91 79 26305544</li> </ul>	saath271198@gmail.com	01:00 PM to 07:00 PM Everyday	<a href="https://saathindia.org">https://saathindia.org</a>	English, Hindi, Gujarati
12	Sanjeevani	South	Trivandrum, Kerala	<ul style="list-style-type: none"> <li>+91 94000 33900</li> <li>+91 471 2533900</li> </ul>	sanjeevanitriivandrum@gmail.com	<ul style="list-style-type: none"> <li>Mobile: 12:00 AM to 12:00 AM (24 hours – Everyday)</li> <li>Landline: 01:00 PM to 05:00 PM (Monday to Saturday)</li> </ul>	<a href="https://sanjeevanitriivandrum.com/">https://sanjeevanitriivandrum.com/</a>	English, Malayalam
13	Sneha Foundation	South	Chennai, Tamil Nadu	<ul style="list-style-type: none"> <li>+91 44 24640050</li> <li>+91 44 24640060</li> </ul>	help@snehaindia.org	10:00 AM to 10:00 PM Everyday	<a href="https://snehafoundationindia.org/">https://snehafoundationindia.org/</a>	English, Tamil
14	Sumaitri	North	New Delhi	<ul style="list-style-type: none"> <li>+91 93157 67849</li> </ul>	feelingsuicidal@sumaitri.net	12:30 PM to 05:00 PM Everyday	<a href="https://sumaitri.net/">https://sumaitri.net/</a>	English, Hindi

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