

- AASRA: 91-22-27546669 (24 hours)
- Sneha Foundation: 91-44-24640050 (24 hours)
- Vandrevala Foundation for Mental Health: 1860-2662-345 and 1800-2333-330 (24 hours)
- iCall: (555)123-4567 (Available from Monday to Saturday: 8:00am to 10:00pm)
- Connecting NGO: 18002094353 (Available from 12 pm - 8 pm)
- The Samaritans Mumbai: 91-84229 84528/91-84229 84529/91 84228 84530 (Daily, 3 pm - 9 pm)