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**Emergency and Crisis Helplines**

If you find yourself in a mental health emergency or crisis situation and require urgent help, please refer to the following contacts and resources:

1. ***Suicide Helplines***

* AASRA: +91-22-27546669
* Samaritans Mumbai: +91-84229 84528, +91-84229 84529, +91-84229 84530
* Roshni: +914066202000
* Sneha India: +914424640050

1. ***Emotional Distress Support Helplines***

* Vandrevala Foundation- 9999 6 555
* Voice That Cares (ROCF)- 8448844845

1. ***Women Helplines:***

* National Commission for Women: 7827170170
* Shakti Shalini (Delhi): 10920
* Vanitha Sahayavani (Karnataka): 1800 425 2550
* Damini (Punjab): 1800 180 5844

1. ***Child Helplines:***

* Childline: 1098
* RAHI (for child abuse cases): 7304567822

1. ***Helplines for Senior Citizens***:

* Helpage India: 1800-180-1253
* DIGNITY Helpline (Delhi): 8800333915

1. ***Helplines for LGBTQIA+:***

* Humsafar Trust: 022-49725858
* Sangama Crisis Intervention: 8025107574

1. ***Helplines for HIV/AIDS:***

* National AIDS Helpline: 1097

1. ***Helplines for Drug/Alcohol Addiction:***

* Muktangan De-Addiction Helpline: 9402563005
* Sachetana Helpline (Kerala): 0474257581