1 in 10 Indians will suffer from mental distress.

If tension or troubles are becoming too much for you or you know someone with mental distress,

Go for help to get help or to talk to someone.
ARE YOU FEELING TIRED OR HAVE LITTLE ENERGY?

ARE YOU FEELING DOWN MOST OF THE TIME?

ARE YOU FEELING LIKE THE FUTURE IS HOPELESS AND BLEAK?

YOU MAY BE SHOWING SYMPTOMS OF DEPRESSION.

DEPRESSION IS TREATABLE. GO FOR HELP.

TO GET HELP OR TO TALK TO SOMEONE
SHE IS A HUMAN TOO. TREAT HER AS ONE.

TO GET HELP OR TO TALK TO SOMEONE
Thinking about ending your life? Reach out for help, it’s closer than you think.

Call
1860 266 2345
24 hours a day
7 days a week
To talk to a trained counsellor

TO GET HELP OR TO TALK TO SOMEONE