



Mortal's Well-Being Trust

Need of Psychological Help

The Covid-19 Pandemic has troubled many families economically, financially, health wise and even psychologically. The mental toll and pressure which the Covid pandemic has developed among each individual is terrifying. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions and further with quarantine and isolation, the pressure developed intensifies.

These times can be difficult times not only for those who are diagnosed but for all of us as we hear about the spread of COVID-19 from all over the world, through television, social media, newspapers, family and friends and the most common emotion which develops is Fear. It makes us anxious, panicky and can even possibly make us think, say or do things that we might not consider appropriate under normal circumstances.

Handling Isolation

1. Distract yourself from negative emotions by listening to music, reading, watching an entertaining programme on television. If you had old indoor hobbies like painting, consider going back to them.

2. Have a nutritious diet filled with proteins and consume plenty of fluids. Never stay hungry or get Dehydrated.
3. Be physically active. Do simple indoor exercises that will keep you fit and feeling fit.
4. If you feel like an isolated person is feeling isolated or lonely try contacting them through long distance communication.

Handling Fear and other Problems

1. Do not follow sensational news or social media posts which may impact your mental state. Do not spread or share any unverified news or information further.
2. At times of anxiety, practice breathing slowly for a few minutes. Try and distance the thoughts that are making you anxious. Think of something calm and serene, and slow down your mind.
3. Feeling lonely or sad is also quite common. Stay connected with others as long distance communication can help you to connect with family and friends. Call up people whom you haven't spoken to. Discuss happy events, common interests, exchange cooking tips, share music.
4. Avoid tobacco, alcohol and other drugs. Use of tobacco or alcohol or other drugs to cope with emotions or boredom can worsen physical, mental health and reduce immunity.
5. If you happen to get infected with Corona, remember most people get better. Do not panic. Practice self-isolation and take medications that are advised.

Indian National Physiological Support Helpline

1800-599-0019 - Kiran Helpline

Audio-Visual Guidelines for Mental Health Released by Government of India

Can be viewed at - [<https://www.mohfw.gov.in/>]

1. Dr. Shekhar P. Seshadri on 'Connecting with little ones during the COVID19 lockdown
2. Various health experts on how to manage mental health & wellbeing during COVID-19 outbreak
3. Minding our minds during the COVID-19
4. Video on practical tips to take care of your mental health during the stay-in
5. Psychosocial issues among migrants during COVID-19
6. Taking care of mental health of elderly during COVID -19
7. Taking care of mental health of children during COVID - 19
8. Video on meditation for stress management
9. Addressing social stigma associated with COVID-19
- 10.Video on addressing social stigma associated with COVID-19
- 11.Audio-visual on "managing mental stress and depression during lockdown"
- 12.Audio-visual on "how to safely stop drinking during lockdown"
- 13.Video on yoga for stress management
- 14.Audio-visual on how to safely quit tobacco during lockdown
- 15.Audio-visual on addressing stigma related to COVID-19
- 16.Video on caring and sharing, the new normal
- 17.Audio-visual on the need to address stigma and discrimination associated with COVID-19
- 18.Guide to address stigma associated with COVID-19
- 19.Video on addressing psychosocial concerns of healthcare workers
- 20.Mental health in the times of COVID-19 pandemic - guidance for general medical and specialised mental health care settings
- 21.Caring for health care warriors – mental health support during COVID-19
- 22.Patients, their families and health care providers stand together to counter stigma and discrimination associated with COVID19
- 23.COVID-19 pandemic and tobacco use in India
- 24.Audio-visual on “Mental Health Matters. Let’s Talk”

25. Encouraging youth to advocate against stigma and discrimination during COVID-19

Mental health apps

<u>Names of the apps</u>	<u>Details</u>	<u>Cost</u>	<u>Availability</u>
WYSA	Stress, Depression and anxiety therapy by a chatbot. Person to person therapy is also available.	350/- per session for the interpersonal session w therapist. Free if you just want to chat with the bot.	iOS and Android
What's Up?	Uses some methods of Cognitive Behavioural Therapy (C.B.T) and Acceptance Commitment Therapy (A.C.T) to help people cope with depression, anxiety and/or stress and anger issues.	Free of cost	iOS and Android
Mind Shift	Helps coping with anxiety	Free of cost	iOS and Android
CBT Thought Record Diary	Helps identify and cope with patterns of distorted and negative thinking	Free of cost	iOS and Android
eMoods	A mood tracking app designed specifically for people with bipolar disorder.	Free of cost	iOS and Android
Moodtools	Has videos, thought diaries and activities to support people with clinical depression anxiety	Free of cost	iOS and Android
Recovery Record	An app for anyone recovering from an eating disorder and wanting to develop a more positive body image	Free of cost	iOS and Android
Lifesum	An app allows you to set personal goals, from eating healthier, to building more muscle and getting in more steps each day. Specifically for people with eating disorders.	Free of cost	iOS and Android
InnerHour Self-Care Therapy - Anxiety & Depression	Has self-help courses and activities	Free of cost but has	iOS and Android
MoodSpace	Helps identify and cope with depression, anxiety and low mood	Free of cost	iOS and Android
Rootd	Tools and exercises to help with anxiety issues and panic attacks. Especially for people with anxiety disorders	Free of cost	iOS and Android

Sanvello for Stress, Anxiety & Depression	Uses some methods of Cognitive Behavioural Therapy (C.B.T) and Acceptance Commitment Therapy (A.C.T) to help people cope with depression, anxiety and/or stress and anger issues.	Free of cost	iOS and Android
Youper	Managing Emotional Health through Artificial Intelligence	Free with in-app purchases	iOS and Android
Psychiatry Pro-Diagnosis,Info,Treatment,CBT & DBT	Has a test for Diagnose Mental Health Disorders and then gives information about Diseases & Treatment options which includes Pharmacotherapy, Psychotherapy & then also offers Interactive Disorder specific detailed Self-help CBT courses.	Free of cost	iOS and Android
ACT iCoach: Acceptance Commitment Therapy App	It covers all aspects of Acceptance Commitment Therapy or ACT.	Free of cost	iOS and Android
nOCD	Specifically for people with Obsessive Compulsive Disorder. An app designed with the help of OCD specialists and patients to incorporate two treatments: mindfulness and Exposure Response Prevention Treatment	Free of cost	iOS
UCSF PRIME	Specifically for people with Schizophrenia. It connects people with schizophrenia to their peers through a social network style interface. It also lets users track “challenge goals,” things they’d like to accomplish or improve about themselves.	Free with in-app purchases	Android
DBT Travel Guide	This app is meant for people with borderline personality disorder (BPD) problems who are following a Dialectical Behaviour Therapy (DBT) programme or want to start with such a programme.	Free with in-app purchases	Android
Don't panic - Depression and panic help	This app provides coping and management modules for : depression, anxiety & panic attacks, self-harm, suicidal thoughts, mood monitoring, eating disorder and professional help resources.	Free with in-app purchases	iOS and Android
Calm Harm	Provides tasks to help you resist or manage the urge to self-harm.	Free of cost	iOS and android
Angr - Anger management simplified.	Angr is a comprehensive anger management app designed to help you deal with anger and the stress associated with it.	Free of cost	Android
LGBTQ Counseling - Therapy for	It delivers a unique online expert counselling service - that is focused on and provided	Paid counselling sessions	Android

Community Members	exclusively for members of the LGBT community		
Woebot	Stress, Depression and anxiety therapy by a chatbot.	Free of cost	Android
Liberate: My OCD Fighter	Specifically for people with Obsessive Compulsive Disorder. Management and Coping	Free of cost	Android
7 Cups - Anxiety & Stress Chat	Anonymous emotional support and counselling on-demand from trained active listeners and therapists.	Free with in-app purchases	iOS and Android
TalkLife	TalkLife connects one with real people around the world who want to listen and support you. It's like a support community.	Free of cost	iOS and Android

Happify	Consists of games and activities borrow from positive psychology, CBT, and mindfulness	Free with in-app purchases	iOS and Android
Replika: My AI Friend	Replika is a chatbot companion powered by artificial intelligence.	Free with in-app purchases	iOS and Android
Hypnopedia	Hypnopedia uses Apple Watch sensors to determine the correct phase of sleep for playing affirmations. After a productive sleep the smart alarm clock will wake you up at the most convenient time before the set wake-up time	Free of cost	iOS
Moodpath	Uses some methods of Cognitive Behavioural Therapy (C.B.T) and Acceptance Commitment Therapy (A.C.T) to help people cope with depression, anxiety and/or stress and anger issues.	Free of cost	iOS and android
Intellect (Has rescue sessions which can help w stabilizing a panic attack or anxiety)	Intellect is a new form of psychological training developed by a team of world leading psychologists and behavioral experts, packaged into quick bite-sized sessions to help you work towards who you want to be.	Free of Cost	iOS and android

List of Mental Health Practitioners:

<u>Name of the people/organisation/s</u>	<u>Contact details (Mobile number/ email id/ Website/)</u>	<u>Fee</u>	<u>Location</u>	<u>Mode of counselling</u>
Pooja Gupta	9953646120 ; poojatgupta.ten@gmail.com	1000-1200/- (sliding scale available)	Bangalore	Audio/Video Calling
Ana Khan Organisation : Raahat Counselling Services	+918657607196 rajat.counselling@gmail.com	800-2000/-	Mumbai	Online, voice calls, video calls, face to face
Rashi Sinha	+918383887084; rashi@infor.in www.infor.in	800/-	Lucknow	Online, voice calls, video calls, face to face
Organisation: Pause for Perspective	+919490708947; 8160864001 arathi@pauseforperspective.com	Depends on the case	Hyderabad	Online, voice calls, video calls, face to face
Organisation : The Alternative Story	+917428292922 hello@alternativestory.in	Some therapists charge 1199-1499 but they have an option of the therapists charging from Rs.299	Bangalore and Mumbai	Online, voice calls, video calls, face to face
Organisation : Zariyaa (Multiple Therapists Available)	8920081997 (Ishita Gogia- Founder) http://www.zariyaaa.com/	First session is 800/-, post which there's an option to opt between art therapy or C.B.T	Delhi	Online, voice calls, video calls, face to face
Ishita Gupta Organisation: Breakthrough Counselling	+9183084898144; +919619681664 breakthroughcounselingmail.com	750/-	Mumbai	Video calls and face to face
Anchal Narang	therapywithaanchal@gmail.com	800/-	Mumbai	Online, voice calls, video calls, face to face
Rajul Jagdish Organisation: Room, the Mindcare Space	+91-8431455791 roomthespace@gmail.com	400-1500/-	Ahmedabad	Online, voice calls, video calls, face to face

Riddhima Shokeen Chawla	+91-9717499079	1000/-	Delhi	Online, voice calls, video calls, face to face
Rajat S	9890824249 sraja270@gmail.com	500/- for a 50 minutes session. But currently, with lockdown in place : Rs.250/- for 60 minutes.	Mumbai	Online, voice calls, video calls, face to face
Shraddha Sankulkar	9821324325		Mumbai	Online, voice calls, video calls, face to face
Dipti Joshi	+919152656025, 02612668962 http://www.drdiptijoshi.com/contact.html	Case-to-case according to financial; background	Ahmedabad	Face-to-Face/Skype Sessions
Kaha Mind (Multiple Therapists Available)	https://www.kahamind.com/ Email: hello@kahamind.com Insta DM: https://www.instagram.com/aakritijoanna/	Rs.500 to Rs.1000/-	India	Online therapy: call, chat and video calls).
Better lyf (Multiple Therapists Available)	https://www.betterlyf.com/	Case to case	India	Online, voice calls, video calls, face to face
Meher Contractor The Hearing touch	http://www.thehearingtouch.com/ +91-7767000329	500/- to 700/-	Pune	Online, voice calls, video calls, face to face
Sumbul Alladin	+91-9246505756 symbol.alladin@gmail.com	2000/-	Hyderabad	Online therapy: call, chat and video calls
Megha Sheth	Email: sheth.m.s@gmail.com Skype: live:.cid.ab3924fbba7c6e0b	Sliding scale; 500-2500/-	Mumbai	Face-to-face (not available during pandemic); Online (video chat over Skype/Zoom)

Inner Sight (Multiple therapists available)	http://www.innersight.in/	Case to case	Bangalore, Chennai, Delhi, Hyderabad, Pune, Mumbai & Kolkata	Online therapy: call, chat and video calls
The Live Love Laugh foundation:	https://thelivelovelaughfoundation.org/therapist.html		India	(Has an entire list of psychologists available in different parts of the country.)

Hank Nunn Institute (Group of therapists)	+917338137182 coordinator@hanknunninstitute.org Website: Hanknunninstitute.com	Pay What You Can. Work on donations.	Bangalore, Delhi and Jaipur	Online and face to face
Heart it out (Group of Therapists)	+91 7892551372 hello@heartitout.in	Case to case (A Brief Relief is a short online therapy session offered by Heart It Out, which is absolutely free)	Bangalore	Online and face to face

Aarogya Seva	+080-47179998 COVID-19 Mental Health Helpline	10 a.m. to 6 p.m.	Pan-India	Helpline. (Available in-English, Hindi, Telugu, Karnataka)
Parivarthan	parivarthanblr@gmail.com ; 080 -25273462, 080-25298686; 7676602602 : Helpline Counsellor. +91 8050003136, +91 6366302425. https://parivarthan.org/	Fees are set on a sliding scale. No client is turned away due to financial constraints.	Bangalore	Face-to-Face and telephonic (through Helpline numbers)
Charu Lavania	9654988689; E-mail : lavaniacharu11@gmail.com	Rs.400/- per session (The first session is free)		Video and Telephonic

Niyati Algarwal	+61-420790106 (Can reach to her on WhatsApp) advaitcounseling@gmail.com IG: @advait_	For students: Telephone: 600/- Video: 700/- Chat: 500/- Others: 500-900/-	Pan-India (She's based in Australia but one can reach her through WhatsApp or social media)	Video and Telephonic
Kritija Saxena	9818093287; Email ID: kritija29saxena@gmail.com	750/- to 1200/-	New Delhi	Interpersonal and Online
Sneha Ramachandran	9324441744 Email ID: contact.sneharamachandran@gmail.com	1000/- to 1500/-	Thane, Mumbai	Online, Face to face, Video calls.
Pallavi Arora	+91 8800360621 Email id : pallavi19.pa@gmail.com	900-1200 per session	Delhi/NCR.	Online (phone or video)
Dr Parul Prasad	Contact no. 07678180313 Address: Mindwise Clinic Upper ground floor, Bhavna complex, Sector-F, Jankipuram, Lucknow. Timings: 10am to 2pm and 7pm to 9pm.	Rs 500 /- per session	Lucknow	
Dimple Sharma Dutt	9321636140	500-1000	Mumbai	Online, Face to face, Video calls and telephonic
Nishta Chakravoty	8003743677 6nishta@gmail.com	Rs.900/- per session (sliding scale)	Bengaluru/ Jaipur	Telephonic, video sessions
Vidhi Bassi, MSc. Clinical Psychology	www.vidhibassi.com ; https://www.linkedin.com/in/vidhibassi/	Rs.1200/- (sliding scale available)		Online via audio/video call or in some cases, through live chat.

Dr.Urja Bheda (Occupational Therapist)	9819234627	Rs.200/- for a 45 minute session. (first session is free)	Mumbai	In-person and Audio and Video Calls.
---	------------	---	--------	--

List of Recommended Psychologists

<u>Name of the people/organisa tion</u>	<u>Contact details (mobile/email/ website)</u>	<u>Fee</u>	<u>Location</u>	<u>Mode of counselling</u>
Ms. Vaishnavi Madarkal	80- 8088686968	Individual Based	Bangalore	Call, chat, video (please whatsapp before calling)
Lavanya Raj	+91739735705 0	Rs. 700	Chennai	Online video
Ms. Arthy	+91 9600089550	Rs. 800-1000	Chennai	Online video
Ms. Tancy Moirra Moore	9560383944	Rs. 800	Delhi NCR	Online video
Mr. Sakar Narula	9599343223	Rs. 1000 (sliding scale)	Delhi NCR	Online (audio,video)
Aditi Gera	9811612823	Rs. 800	Delhi	Online(video,audio,chat)
Manogya Sahay	9810987199	Rs. 800	Noida	Online
Ms. Shatarupa C	9818966425	Individual basis (sliding scale)	Bangalore	Online (video), group workshops
Nishi Ravi	7550279992	Rs. 1000 and Rs. 800 for students	Chennai	Online
Esther David	9611263953	Rs. 350-1000 (sliding scale)	Dehradun	Online Audio/Video
Amicus Therapia	amicustherapia @gmail.com	Rs. 400 -800 (sliding scale)	Delhi	E-counselling (video call, phone call)

Rajul Jagdish (Queer-friendly)	+91-8431455791 roomthespace @gmail.com	Rs. 300-1200 (sliding scale)	Ahmedabad	In person, Skype video calls, audio calls
Tangent Mental (Queer-affirmative)Health Initiative Group of three therapists.	+919903671995,tangentmhi @gmail.com	Rs. 100 -1000 (sliding scale)	Mumbai, Kolkata , and Chennai	online and tele counselling services
Reuben Mathew	9638791324	Rs. 300-500	Ahmedabad	Online
Palav Kamdar Gandhi	9819502827	Rs. 700 (sliding scale)	Indore	Online
Kajal Makwana	8369033130	Rs. 2000 (sliding scale)	Mumbai	Online(audio/video/text) or face to face