

State/UT Helpline Toll-Free Numbers		
State/UT	Department	Toll Free Numer
Telangana	Welfare of Disabled and Senior Citizens	1-800-572-8980

Contact Nos for Govt. Organisation representatives to help persons with Disabilities			
State/UT	Person Name	Email ID	Phone no
Andaman & Nicobar	Ms. Ankita Mishra Bundela	secyship.and@nic.in	
Andhra Pradesh	Ms. K. Damyanti	peshisw1@gmail.com, peshi.wcdsc@gmail.com	9100778087
Andhra Pradesh	M.A.Kumar Raja		9490720301
Arunachal Pradesh	Ms. Niharika Rai		8919173853
Assam	Shri K J Hilaly		9435080266,9453182377
Bihar	Shri Atul Prasad,	swbihar@gmail.com, secysw-bih@nic.in	9431005001
Chhattisgarh	Shri Prassna R		9406100100
Delhi	Shri Santosh Kumar		8527077845
Delhi	Dr. A. Madhavi		9013270156
Delhi	Nitish Mohan Tripathi		9873936472
Goa	Shri S. K. Bhandari	socialwelfaregoa@rediffmail.com	9643335576
Goa	Shri Santano Fernandes		98814 35463
Gujarat	Shri MaNumberj Aggarwal	secswd@gujarat.gov.in,	9978444105
Gujarat	Shri Dina Nath Pandey		9978406491
Haryana	Dinesh Shastri		9050080529
Jharkhand	Dr. Amitabh Kaushal,	swdjharkhand@gmail.com	9430119083
Jharkhand	Shri Satish Chandra		9431271428
Kerala	Shri Biju Prabhakar	sjsecykerala@gmail.com	9447035355
Kerala	Dr. G. Harikumar		9447743797

Madhya Pradesh	Shri Sandeep Rajak		9425139344
Madhya Pradesh	Shri Sunil Sharma		9752405244
Manipur	Shri. V. Vumlunmang	jacinthalazarus@gmail.com	9436034934
Manipur	Shri. L. Dhaneshwor Singh		9436027993
Meghalaya	Shri Sanjeet K Seal,		9436101358
Meghalaya	Smti Bridget Warshong		9863086563
Meghalaya	Shri Dylan Robby Syiem		8415927160
Mizoram	Smt. Marli Vankung	socdepimiz@gmail.com	9436155461
Mizoram	Dr. Ankita Chakravarty, IAS	Mizoramswd@gmail.com	8289008855
Mizoram	Shri. F.Vanlalruata	Mizoramswd@gmail.com	8974144424
Nagaland	Ms Diethono Nakhro		8258953837
Odisha	Ms. Sulochna Das		9861080699
Puducherry	Shri.Ashokan.S		9443635370
Puducherry	Smti. Kalavady.D,		9600219478
Puducherry	Smti. Kamalakumari V		8637466067
Punjab	Shri Davinder Singh		9888880363
Punjab	Shri Gagandeep Shahi		9876377800
Rajasthan	Shri B.P Chandel		9928309095
Sikkim	Shri K. Srineevasulu,	yangchenbhutia63@gmail.com	8919173853
Tamil Nadu	Shri C. Vijayaraj Kumar	secywdap@tn.gov.in	950037711
Tamil Nadu	Thiru. Johny Tom Vargease I. A. S	Scd.tn@gmail.com	918800656753
Tamil Nadu	Corona Virus 24X7 Helpline for Persons with Disabilities & Senior Citizens		18004250111
Tamil Nadu	WhatsApp & Video Call Helpline for Persons with Hearing and Speech Impairments to communicate with Sign Language Interpreters		9700799993
Telegana	Shri M. Jagadeeswar	wcdsctg2014@gmail.com	9849792093
Telangana	Ms. Shailaja	wcdsctg2014@gmail.com	98499 05475
Tripura	Dr Deep Kumar Debbarma		7005513426,9862670872
Tripura	Shri Anant Das		9436949241, 9612150583
Uttar Pradesh	Shri Mahesh Kumar Gupta	psred2016@gmail.com	9161737373

Uttar Pradesh	Shri S. K Shrivastav		9599914539
Uttarakhand	Major Yogendra Yadav		99105 61116
West Bengal			033-22143526

### Helplines for People with Disabilities

Name of Organisation	Place	Phone no	Help Provided
Project Delhi	Delhi	7411167030	Groceries
Project Delhi	Delhi	8010330000	Medicine
New Delhi	Delhi	99560874098	Counselling and other services
New Delhi	Delhi	9891414742	Counselling and other services
Samarthyam India	Delhi	9711190806	
Viklang Sahara Samiti Delhi	Delhi	9811015733	
National Centre for Promotion of Employment for Disabled People (NCPEDP)	Delhi	7303944839	
Samarthanam Trust for the Disab	Bangalore	80-68333999	Basic groceries and mask kits
Big Bazaar and KickStart Cabs	Bangalore	8105600445 (whatsapp)	Groceries
Project Mumbai	Mumbai	9879508404	Groceries
Project Mumbai	Mumbai	9653330712 (Whatsapp)	Groceries
Project Mumbai	Mumbai	9992999929	medicines
Ezy Mov	Mumbai	9029090880	
Tamil Nadu Govt Helpline	Chennai	18004250111	Request for Assitance and Supplies
Free CAB service	Chennai	95000 67082	
Sruti Disability Rights Centre	Kolkata	sruti.darc@gmail.com.	Counselling Services
Big Bazaar	Kolkata	18002661686	Groceries
Helpline for deaf and hard of hearing peopel	Punjab	9888176357	
Destitute Foundation	Srinagar	9858423611	
Drishti	Chitrakoot	9721157193	
Youth4Jobs Karuna Helpline	Trichy	9347412609	5pm-7pm
Youth4Jobs Karuna Helpline	Madurai	9347412613	8am-10am
Youth4Jobs Karuna Helpline	Ahmednagar	7350640303	5pm-7pm
Youth4Jobs Karuna Helpline	Dehradun	8448764159	8pm-10pm
Youth4Jobs Karuna Helpline	Vijayawada	8712721500	5pm-7pm
Youth4Jobs Karuna Helpline	Tirupati	7032777485	5pm-7pm
Youth4Jobs Karuna Helpline	Warangal	7032777497	8am-10am
Youth4Jobs Karuna Helpline	Guwahati	7399069663	8am-10am
Youth4Jobs Karuna Helpline	Ranchi Siraj Nag	7894300173	8am-10am

Youth4Jobs Karuna Helpline	Patna	7797263537	8am-10am
Youth4Jobs Karuna Helpline	Bhubaneswar	8759867477	8am-10am

### Curated Helpline by DSFI

Therapist	Consultation offered	Days for Consultation	Time for Consultation	Mobile Number	Email ID
Dr. Surekha Ramachandran	Counselling	Monday to Friday	11:00 A.M - 12:00 P.M	98410 99130	<a href="mailto:rekharami@gmail.com">rekharami@gmail.com</a>
Ms. Sandhya Krishnamoorthy (Sa)	Activities during lockdown	Please whatsapp her your requirement and she will call you back.		90030 58060	<a href="mailto:sandhyarti89@gmail.com">sandhyarti89@gmail.com</a>
Ms. Mithula V.	Physiotherapy	Monday to Friday	10 :00 A.M - 1:00 P.M	73580 39531	<a href="mailto:vijaykumarmithula@yahoo.com">vijaykumarmithula@yahoo.com</a>
Ms. R. Srilakshmi	Physiotherapy	Monday to Friday	10 :00 A.M - 1:00 P.M	81240 06533	<a href="mailto:srilakshmi.pt@gmail.com">srilakshmi.pt@gmail.com</a>
V S Hema malini	Special Educator	Saturday and Sunday	12:00 P.M - 3:30 P.M.		<a href="mailto:varcsh@yahoo.com">varcsh@yahoo.com</a>
Ms. Sharanya Krishnan	Speech Language Pathologist	Please contact her directly as her sessions will be one on one.		94983 79583 95000 16583 (only whatsapp)	
Ms. Tejal Shah	Special Educator	All Days	10 A.M - 11: 30 A. M	98860 00154	<a href="mailto:tejalvikasshah@gmail.com">tejalvikasshah@gmail.com</a>
Mr. Anil Joshi	Counselling	All Days		98188 30940	<a href="mailto:aniljoshi@gmail.com">aniljoshi@gmail.com</a>
Ms. Rashmi Joshi	Counselling	All Days		96509 68054	<a href="mailto:rushmeeajoshi@gmail.com">rushmeeajoshi@gmail.com</a>
Ms. Rincy Joseph	Counselling	WhatsApp messages/voice clip in english, hindi, tamil , malayalam/ emails.		82810 17777	<a href="mailto:rincy1973@gmail.com">rincy1973@gmail.com</a>
Dr. Zaheer Jan	Peadratic Therapist	All days.	10: 00 A.M to 4:00 P.M	98584 33611	<a href="mailto:zaheerjan2019@gmail.com">zaheerjan2019@gmail.com</a>
Dr. Amita Singhal	Cardiologist	Whatsapp her your requirements and she will respond when she free		93122 39463	<a href="mailto:singhal.amita@gmail.com">singhal.amita@gmail.com</a>
Mr. Sachin Jhakotia	New Parents support	All Days			
Ms. Sivapriya	Special Educator	Monday to Friday	2:00 P.M - 5:00 P.M	97390 02149	<a href="mailto:contactsivapriya@gmail.com">contactsivapriya@gmail.com</a>
Doctor	Consultation offered	Days for Consultation	Time for Consultation	Mobile Number	Email ID
Dr. PradeepKumar M	Genetics and Pediatrics	All days	Can be fixed by sending a message to the number given	73731 56666	<a href="mailto:geneomm@gmail.com">geneomm@gmail.com</a>

Dr. Madhu Sharma	Nutrition and Diet	All days - with a prior call or text msg	Fixed on prior call or text msg	98720 01679	madhusharma15@gmail.com
Dr Nikhil Rishikeshi	Pediatric eye surgeon	Any day	10 am to 12 pm	99213 02688	Nrishikeshi@gmail.com
Dr. R. Sankar	Orthopaedic issues in children	Monday to Friday	11am and 1 pm. Parents can send their que	99625 82525	sankarortho@gmail.com
Dr. Shaji Thomas John	Medical	: Monday to Friday	3 PM to 4 PM. Since he is working in the ho	94472 18400	doctorshaji@hotmail.com

### Project Mumbai : Counselling Helplines

Name	Phone no	Timmings	Languages they know
Nirali S	9833210405	8am-2pm	English, Gujarati, Marathi and Hindi
Shilpa S	833886723	8am-2pm	English, Gujarati, Marathi and Hindi
Bhawana R	9820594667	8am-2pm	English, Marathi and Hindi
Tejal V	9820973739	8am-2pm	English, Hindi, Gujarati
Megha C	9867349275	8am-2pm	English, Marathi, Hindi
Dr. Kavitha M	9870594444	8am-2pm	Hindi, Marathi, English, Tamil, Gujarati
Bindu	9769232427	8am-2pm	English ,Hindi ,Tamil
Vishakha P	9819601149	8am-2pm	English , Hindi, Gujarati, Marathi, Kutchi
Geeta P	9619138746	8am-2pm	English, Hindi, Gujarati, Malayalam
Asmita S	8082797515	2pm-8pm	English Hindi Marathi
Dr. Namita S	9819092221	2pm-8pm	English,Hindi,Marathi, Gujarati
Deepali T	8108675484	2pm-8pm	English , Hindi, Gujarati, Marathi, Kutchi
Analisa A	9819864016	2pm-8pm	English
Jayanthi I	9930284257	2pm-8pm	English, Hindi, Marathi, Tamil
Dhara S	9819408164	2pm-8pm	English Hindi Gujarati Marathi Tulu
Nikita G	9920672630	2pm-8pm	English, Hindi, Marathi
Arshia V	9820735690	2pm-8pm	Hindi, English
Ushma B	9820111861	2pm-8pm	English, Hindi, Gujarati
Dr Deepa	9820959276	2pm-8pm	English, Marathi, Hindi, Konkani
Leena B	9870094948	2pm-8pm	English Hindi
Ujala	96191 96160	2pm-8pm	English Hindi
Dr. Hiral T	9653217155	2pm-8pm	Hindi English Gujarati
Pari	9820674236	2pm-8pm	English Hindi Gujarati
Kajal D	8849558745	2pm-8pm	English Hindi Gujarati.
Vishakha	9819601149	2pm-8pm	English , Hindi, Gujarati, Marathi, Kutchi
Sindhu C	9892680940	2pm-8pm	English Hindi and Malyalam
Dr. Nidhi K	9029363238	2pm-8pm	English and Gujarati
Amandeep K	98205 72608	2pm-8pm	English and Hindi
Kanchan S	9769211137	2pm-8pm	Hindi, English and Marathi
Mamta P. Bhosale	9819022698	2pm-8pm	English, Hindi and Marathi
Indrani C	9820116182	2pm-8pm	English, Hindi

Geeta P	9619138746	2pm-8pm	English, Hindi, Gujarati, Malayalam
Shabnam R	9820013549	2pm-8pm	English, Hindi, Marathi and Gujarati
Ujala K	9619196160	2pm-8pm	Hindi English

### Roshini Counselling Centre: Counselling Helplines

Jayashree	9885221013	10 am - 1pm (Mon-Sat)
Shiva Kumar	9866256020	10 am-1pm (Mon- Fri)
DrJayanti	9849982963	10 am- 1pm (Tue,Fri, Sat)
Shamma	9440473171	12pm-2pm (Mon to Fri)
Dr Srilakshmi	9390048686	2pm-4 pm(Mon to Sat )
Subha	9966029278	2 pm -3 pm (Mon to Sat)
Gayathri	7893060757	2 pm-4 pm (Mon to Sat)
Dr Sucharita	9096634424	12pm-2pm (Mon to Sat)
Helpline for Counselling	9000070839	

### Contacts for COVID-19 Queries

Name	Phone no	Timmings
Dr Tushar Shah.	9321469911	8 am to 12 pm
Dr M Bhatt.	9320407074	8 am to 12 pm
Dr D Doshi.	9820237951	8 am to 12 pm
Dr D Rathod.	8879148679	8 am to 12 pm
Dr R Gwalani.	8779835257	8 am to 12 pm
Dr D Kansara.	8369846412	8 am to 12 pm
Dr G Kamath.	9136575405	12 to 4 pm
Dr S Manglik.	9820222384	12 to 4 pm
Dr J Jain.	7021092685	12 to 4 pm
Dr A Thakkar.	9321470745	12 to 4 pm
Dr L Bhagat.	9820732570	12 to 4 pm
Dr N Shah.	9821140656	12 to 4 pm
Dr S Phanse.	8779328220	12 to 4 pm
Dr J Shah.	9869031354	12 to 4 pm
Dr N Zaveri.	9321489748	4 to 8 pm
Dr S Ansari.	7045720278	4 to 8 pm
Dr L Kedia.	9321470560	4 to 8 pm
Dr B Shukla.	9321489060	4 to 8 pm
Dr S Halwai.	9867379346	4 to 8 pm
Dr M Kotian.	8928650290	4 to 8 pm
Dr N Kumar.	8104605550	8 to 11 pm

Dr P Bhargav.	9833887603	8 to 11 pm
Dr R Chauhan.	9892135010	8 to 11 pm
Dr B Kharat.	9969471815	8 to 11 pm
Dr S Dhulekar.	9892139027	8 to 11 pm
Dr S Pandit.	9422473277	8 to 11 pm

### Domestic Violence Helplines

Domestic Helpline	National	181
Women Police Helpline		1091/1291
Women Powerline	UP	1090
Swayam		9830772814
Women in Governance		6300214180
Shakti Shalini	Delhi	10920
Jagori	Delhi	011-26692700
Nirmal Niketan		011-27859158
Action India		011-24374785
Sneha		9167535765
Saheli (Saturdays)		011-24616485
SAARTHAK		011-26853846
Nari shakthi samiti		011-23973949
Joint Women's program	Chennai, Kolkata, Bangalore	011-24619821
Sakshi		0124- 2562336
All India Women's Conference	National	10921
Nazariya	Delhi	9818151707
Sama Resource group for Women	Delhi	24373737
Women's Manifesto	Delhi	8860454212
ARU Foundation	South Delhi	9911346882
Seher	Delhi-NCR Harayana	8826819805
No Tears Foundation Trust and N	Delhi-NCR Lucknow	9911694947
Aali	Lucknow	9415343437
Humsafar	Lucknow	7007629220
Study Hall Educational foundation	UP	6386193775
Nari Samta Munch Cehat	Pune	9987720696
Moonlight foundation	Mumbai	9029073154

Majilis	Mumbai	8928585479
Ridhi Sidhi Bahuuddeshiya	Mumbai	7506732641
Womem's Manifesto	Maharashtra	7560977795
Bembala Foundations	Kerala	9980660548
Sawayam	Kolkata	9830747030
Sakhi C	Bhopal	8989585097
Centre for Criminology and Public	Rajasthan	8110835606
Special cell for Women	Assam	6000015191
Grameen Mahila Kendras	Kamrup	9365648832
Grameen Mahila Kendras	Darrang	9577576677
Grameen Mahila Kendras	Golaghat	863874110
Invisible Scars	Hyd	8008933445
Society for Cyberabad Security C	Hyd	9000885241
Bhumika Women's collective	Telangana	18004252908
Aakansha Seva Sadan	Muzzafarpur	9905443544
Adithi	Bihar and Jharkhand	9934029353
Aall	Jharkand	9693853019
Psychologists for India	National	9000070839
Helpline	National	4027605316

Curated by Nayi Disha Resource Centre: Find us on [www.nayi-disha.org](http://www.nayi-disha.org) or email us at [contactus@nayi-disha.org](mailto:contactus@nayi-disha.org)

Sources: Indian Express: <https://indianexpress.com/article/lifestyle/life-style/lockdown-list-helpline-persons-with-disability-accessibility-food-mental-health-issues-coronavirus-pandemic-6372660/?fbclid=IwAR3W7PB8X8U6kGOiLquUhi3B97GUpWDYrmGFunE3x03D1WiuZ4fuGZBW7dU>

NewzHook: <https://newzhook.com/story/helpline-numbers-for-disabled-during-covid-19/?fbclid=IwAR1O2kNNr5p5gj1F3AQmxfXr3mHmaNsOZccGHevgJJUV8XGlc7ZpTKNFkSQ>

Down Syndrome Federation of India, Project Mumbai, Roshini Counselling Centre