MENTAL HEALTH DIRECTORY

Compiled by: Students of M.A. Development Programme
A working compilation of “Mental Health Services in Bangalore” was released as part of the World Mental Health Day activities [officially observed on 10th of October every year] on the 9th of October, 2015 at Azim Premji University, Bangalore. This is an updated version, created as a resource for all those who need to reach out to mental health services, both within and outside the University.

Issue 01 - October, 2015

Compiled by: Students of the course titled ‘Critical Perspectives on Mental Health and Illness’ which is part of the Health and Nutrition Specialization offered to students of the M.A. Development Programme at Azim Premji University, Bangalore

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Mental Health Directory

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Introduction

Mental health is an individual’s overall state of mental well-being and not mere absence of disease. Mental illness is stigmatized and individuals suffering from mental illness are considered as ‘patients’; this often prevents people from accessing mental health services. One might say there is a huge conspiracy of ‘silence’ around mental health and an equal extent of ‘noise’ around mental illness, but between the silence and the noise is a vacuum. This Mental Health Directory is an attempt to bridge the gap and fill the vacuum.

Mental illness is often perceived as a ‘disease’ which needs a ‘cure’, ‘treatment’, ‘medicines’ and ‘heavy drugs’; even extreme forms of ‘cure’ such as electroconvulsive therapy are legitimized. Alternative forms of treatment are seldom given any space. Dependency on bio-medicine alone ignores the multiple sources of mental illness, which may not always originate in biochemical imbalances, but might be the result of structural inequalities and experiences people undergo in their lives. The ‘medicine’ for mental illness could be a combination of various alternative forms of therapy, based on the severity of the illness, the individual’s faith, gender, social circumstances, family history etc.

The Mental Health Care Bill, 2013 defines ‘mental illness’ as “a substantial disorder of thinking, mood, perception, orientation or memory that grossly impairs judgment, behaviour, capacity to recognize reality or ability to meet the ordinary demands of life.” The Census report, 2011 estimated that around 6-7 % of the population suffers from some form of mental illness in India; and recent research indicates that the prevalence of mental illness ranges from 9.5-370 persons per 1000 persons.1 Despite this, the government spends only 0.6 % of the total health budget on mental health; and only 123 out of India’s 650 districts have the District Mental Health Programme (DMHP).

Being part of a course titled ‘Critical Perspectives on Mental health and illness’ at Azim Premji University has helped us re-define the understanding of what constitutes mental health and illness and question stereotypes of ‘normality’ and ‘abnormality’ in mental illnesses. The journey in the course was extremely personal and challenging. It made us deal with our own narratives of depression, anger, conflict and isolation: events we had learnt to bury deep inside and keep moving ahead without engaging with them. It was quite evident that there are “social origins of mental health” and narratives of illness differ significantly, even when at times the experiences are similar.

The dominant theories of life stress, social support, social network and family life became much more visible. We discovered that it is far easier to accept bio-medical explanations/solutions to mental illness rather than dealing with the ‘social roots and construction’ of mental illness. Mental health is not the exclusive purview of experts: it is a joint responsibility, constructed by and for individuals, families and communities.

How can we access the services that we need to prevent mental illness and maintain good mental health?

Recognizing the dearth of information and the growing need for a multifaceted approach to mental health services in India, the Mental Health Directory has attempted to compile a selection of mental health services in Bangalore city.

With the Directory, we are trying to normalize and eliminate the taboos attached to mental illness, so that people can reach out for help without feeling ashamed or scared of what they are dealing with in their lives. The Directory provides ready access to information and contacts: searching on the internet for authentic contacts can be a daunting task! The Directory provides a handy guide for those who might not have internet access.

This directory is not a prescription nor does it categorize services in a hierarchical list. What it does is list out both medical and alternative forms of mental healthcare services, rooted in an ethic of medical pluralism i.e. seeking plural forms of mental health care services for ‘treatment’. Overall mental health is maintained better with a combination of various forms which may work differently for people suffering from different mental illnesses. The selection and sequencing of categories is a careful decision taken by the team to clarify our stand on the issue. It makes no claim to be exhaustive - it is a working document and will be updated in each edition.

To begin, we would like to pose some questions to everyone: Are people capable of self-determination and consent? Can we value the personal narratives of mental illness of individuals? Is it right to foreclose a person's options for seeking care in a variety of mental health systems? Shouldn’t we have sensitive health care providers and policies that respect health-seeking choices? What is the role of the State in ensuring personal autonomy and freedom to exercise civil, political, social and cultural rights?

All the best with life, lets share and spread joy together!
Let's play, Let's talk!
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Awareness Centres

To talk about mental health takes courage. It takes courage to stand against social stigma and prejudice. It takes courage to extend solidarity to those suffering from mental illness. Arising from negativity, ignorance and distancing, stigma is a direct or indirect mark of dishonor that separates the mentally ill individual from the rest of society. There is an enormous need to spread the message LOUD AND CLEAR about understanding different narratives of mental health and illness in order to destigmatize them.

Awareness Centres working towards breaking the stigma around mental health are gradually creating greater awareness about mental illness. These institutions create awareness in the community about mental health issues and about multiple perspectives to view it. Their aim is to support social and emotional wellbeing of people undergoing a mental health issue, care-givers and other stakeholders in the community by educating the public about mental illness through various forms of art like music, forum theatre, film festivals, conducting workshops, etc. The hope is to expand the limited access to mental health care by addressing barriers due to discrimination, unaffordability, lack of information or ‘grey’ understanding of mental health issues.
ADDRESS: Therapeutic community centre, LIC Colony, Sector 11, New Thippasandra, Bangalore 560075, Karnataka.

Contact: +91-9980885814
Other Details: Contact Person- Dr. Anando Chatterjee

ADDRESS: White Swan Foundation, NIMHANS Campus, DPNR Building, 3rd Floor (Opp to State Bank of Mysore) Hosur Road, Lakkasandra, Bangalore 560029, Karnataka.

E-Mail: whiteswanfoundation@gmail.co
Website: www.whiteswanfoundation.org

ADDRESS: A-6, Grasmere Apartments, Osborne Road, Bangalore 560042, Karnataka.

Contact: 080-23692283
E-Mail: contact@ccdc.in
Website: www.ccdc.in
Recreational Spaces

There are times when we do not require a psychiatrist or a counsellor; all we seek is a peaceful and an ‘open’ space to express our feelings and emotions. This space may not always be within the home as there is a sense of familiarity attached to it which in turn relates to explicit or implicit behavioral expectations.

There are certain comfort zones which help us deal with our emotions. Sometimes we may also seek for spaces of identification - ‘places of connect’, to realize that many of us are also ‘sailing in the same boat’. We want to be in presence of people who relate to our emotions and accept us the way we are. Such the circles could become our emotional and mental support. These spaces are not ‘medically proven’ to cure mental traumas or illness but could enable a sense of being comfortable, connected and help us travel the journey.

If nothing else, you can simply take a walk, go out to eat your favorite food, take a long drive, play your favorite game, take a short nap, talk to your confidants, visit religious spaces, play with your pet or anything that you can imagine. This would enable the much-needed physical and mental recreation.
ATT GALATTA

ADDRESS: 134, KHB Colony, 5th Block, Koramangala, Bangalore 560095, Karnataka.

Contact: 080-4160 0677
E-Mail: thebookstore@attagalatta.com
Services: Reading, several other activities related music, theatre etc
Charges: Nil
Other Details: Men, women and children are allowed.

PYRIMID VALLEY

ADDRESS: Maitreya-Buddha Vishwalayam, Kanakapura Road, Kebbedoddi Village, Harohalli Hobli, Kanakapura Taluk, Ramanagar 562112, Karnataka.

Contact: +91-8147093627
E-Mail: info@pyramidvalley.org
Services: meditation and spirituality
Charges: Nil
Other Details: Men, women and children are allowed.

LAL BAGH BOTANICAL GARDEN

ADDRESS: Krumbiegel Road, Bangalore 560004, Karnataka.

Services: Park and botanical history
Charges: Rs. 10 after early morning
Other Details: Men, women and children are allowed.

CUBBON PARK

ADDRESS: Kasturba Road, Sampangi Rama Nagar, Bangalore 560001, Karnataka.

Services: Park and botanical history
Charges: Nil
Other Details: Men, women and children are allowed.
TOASTMASTERS

ADDRESS: Loyola Hall, Aashirvad center, St. Mark’s Road, Bangalore 560001, Karnataka.

Services: Provides people with public speaking assistance and helps with social skills
Charges: Nil
Other Details: Men and women are allowed. They are open only on Fridays from 6:30 PM to 8:30 PM

AWAKIN CIRCLE

ADDRESS: S15/505, Smondoville-1, Neo Township, Electronic City Phase-1, Bangalore 560100, Karnataka.

E-Mail: pooja.thaker86@gmail.com
Services: Sharing and meditation circle
Charges: Nil
Other Details: Men, women and children are allowed.

SEVA CAFE

ADDRESS: Venue keeps changing

Contact: +91- 9845392627
E-Mail: tharanathg@gmail.com
Services: Voluntary activity of sharing food with others
Charges: Nil
Other Details: Men, women and children are allowed.

KHULA MANCH

ADDRESS: Venue keeps changing

Contact: +91-9845155447
E-Mail: khulamanch.org@gmail.com
Services: Khula Manch is a platform to discuss critical, sensitive, controversial issues that people can’t discuss otherwise
Charges: Nil
Other Details: Men, women and children are allowed.
ADDRESS: No. 36/2, 8th Cross Road, JP Nagar, 2nd Phase, Bangalore 560078, Karnataka.

Contact: 080-2649 3982
Website: www.rangashankara.org
Services: Performing Arts Theater
Charges: Varies for different plays.

ADDRESS: Jagriti Renaissance, Varthur Rd, Near Adarsh Palm Meadows, Ramagondanahalli, Whitefield, Bangalore 560056, Karnataka.

Contact: 080-41242879
E-Mail: contact@jagrititheatre.com
Website: www.jagrititheatre.com
Services: Performing Arts Theatre, Music, Dance, Comedy
Charges: Varies for different performances.

ADDRESS: Chikkaballapur Taluk, Chikkaballapur District 562101, Karnataka.
Wellness Centre

A balance is required between the mind and body for healthy living. Wellness Centres aim to promote healthy living to prevent diseases and illness. They generally have a holistic approach which addresses the issue of maintaining, recuperating and promoting wellness. These Centres have trained professionals practicing various forms of exercises, therapies, traditional forms of medicines and alternate healing methods. Some of these practices include ancient healing arts such as meditation, acupuncture, acupressure, steam-bath and massage amongst several others.
SAMA WELLNESS CLINIC

ADDRESS: 79, 14th Cross, 20th Main, 2nd Phase J.P Nagar, Bangalore 560078, Karnataka.

Contact: +91-9731590/590

SOUKYA HOLISTIC HEALTH CENTRE

ADDRESS: Soukya Road, Samethanahalli, Whitefield, Bangalore 560067, Karnataka.

Contact: +91-8028017000

NIRMALA INSTITUTE OF YOGA & HEALTH

ADDRESS: 266, 1st Floor, 67 Cross, 5th Block, Rajajinagar, Bangalore 560010, Karnataka.

Contact: +91-80 6741 7741
Services: Acupressure, Pregnancy Yoga, Diet Therapy, Weight loss, Wellness, Meditation, Yoga, Alternative Medicine, Nature Cure.

WELLNESS EVER

ADDRESS: No.183, Sai Harsha Towers, 2nd floor, Opp Forum Value Mall, Above HDFC Bank, Whitefield Main Road, Whitefield, Bangalore 560066, Karnataka.

Contact: +91-9591989220
E-Mail: contact@WellnessEver.com
Services: Ayurveda, Reiki, Meditation, Past Life Regression, Spirit Release, Hypnotherapy, Counselling.
Life coaching is a purposeful conversation which inspires someone to create the kind of life which they consider best for themselves. A life coaching conversation makes you refreshed, inspired and ready for action. The basic notion of life coaching is that, “everyone has all the necessary resources within them”, and life coaching helps in locating these resources within you. It uses ‘powerful questions’ to facilitate you in finding your own answers, which is far better than taking someone else’s answers as everyone’s context and way of handling an issue is different. So, in other words, life coaching is not giving advice but facilitating your own thought processes. The effectiveness of coaching depends on the readiness and willingness of the ‘client’ to change.

In relation to mental health, life coaching can be helpful for setting goals and timelines to achieve those goals. Life coaching helps if someone is not satisfied with the present situation in life and wants to change adverse circumstances related to career, family dynamics, relationships etc. It could also help if someone is not able to choose among the available choices, if someone wants to get rid of fears, phobias, bad memories and limiting beliefs and if you are searching for happiness and peace of mind.
ADDRESS: Lavelle Road, Bangalore 560001, Karnataka.

Contact: +91-9845003540
E-Mail: sridhar@sridharlaxman.com, info@sridharlaxman.com
Website: www.sridharlaxman.com
Services: Life Coaching
Other Details: Services provided for both men and women.

ADDRESS: Prestige Omega, No. 104, Level 2, EPIP Zone, Whitefield, Bangalore 560066, Karnataka.

Contact: +91-9663623737
E-Mail: info@effectivelivingclinic.com
Website: www.effectivelivingclinic.com
Services: Life Coaching and Family Counselling
Other Details: Services provided for both men and women.

ADDRESS: No.32, 7th main, 3rd Cross, Ragavendra Nagar, Doorawani Post, Bangalore 560016, Karnataka.

Contact: +91-9900588995
E-Mail: biz.rapidmindpower@gmail.com
Website: www.rapidmindpower.com
Services: Life Coaching
Other Details: Services provided for both men and women.

ADDRESS: 16th Main Road, 7th B Cross, 4th Block, Koramangala, Bangalore 560034, Karnataka.

Contact: +91-7411023839
E-Mail: info@nlpcoach.in
Website: www.nlpcoach.in
Services: Life Coaching
Other Details: Services provided for both men and women.
THE ORANGE ACADEMY
ADDRESS: D-303, SJR Equinox, Electronic City Phase - 1, Bangalore 560100, Karnataka.
Contact: +91-8088877877
E-Mail: learn@executivecoachingindia.com
Website: www.executivecoachingindia.com
Services: Life Coaching
Other Details: Services provided for both men and women.

SIVANANDA LIFE COACH
ADDRESS: No.7B, 6th E Cross, Kaggadasapura, C V Raman Nagar, Bangalore  560093, Karnataka.
Contact: +91-9663507520, +91-8867533937
E-Mail: ask@sivanandalifecoach.com
Website: www.sivanandalifecoach.com
Services: Life Coaching
Other Details: Services provided for both men and women.

NEOWAY ACADEMY
ADDRESS: 18/2, Corporation Building, Residency Road, Bangalore 560025, Karnataka.
Contact: 080-41125470
E-Mail: info@neowayacademy.com
Website: www.neowayacademy.com
Services: Life Coaching
Other Details: Services provided for both men and women.
Counsellors

Counselling is a technique to help the ‘client’ in examining adverse situations and problems through conversations and other interactive activities. It involves a process of building a relationship with the person (client) in order to help them deal with mental health issues. Acceptance, empathy, respect, confidentiality, trust and non-judgmental attitude are the core principles of counselling.

Family counselling and therapy are terms that are used interchangeably although the precise focus is on issues related to the realm of family like resolving strained relationships before and after marriage and relations between parent and child. It also deals with the problems that may arise in the larger institution of family, involving in-laws, grandparents, aunts, uncles, cousins and their children. Family counselling is used when an existing relationship is healthy, but there is still a need for strengthening of the bond and to develop a better understanding between members. The term ‘Therapy’ is more appropriate when there is pain or emotional stress involved in a relationship which impairs an individual’s routine functioning.

Therapy and counselling do not involve giving advice or opinions, but help in understanding oneself and others. They facilitate the seeking of answers to questions such as ‘why me?’, ‘am I the only one to face this’, ‘is there any solution?’ and create an environment which allows ‘clients’ to navigate through a range of answers of their own to the challenges.

Counselling and therapy are carried out with sensitivity so that people may feel more comfortable accessing these techniques at the initial stages of encountering any mental health issue.
PARIVARTHAN COUNSELLING, TRAINING AND RESEARCH CENTER

ADDRESS: 3310, 1st floor, 8th cross, 13th main HAL, 2nd stage, Indiranagar, Bangalore 560038, Karnataka.

Contact: 080-25298686
E-Mail: parivarthanblr@gmail.com
Website: www.parivarthan.org
Services: Counseling for-family, children, individual
Consultation Charges: Rs. 800-1,200
Other Details: Services provided to adults and children.

CREST COUNSELLING CENTER

ADDRESS: 3rd cross, Kasthuri Nagar, near CMR College, Chikka, Benasvadi, Bangalore 560043, Karnataka
Contact: 080-25453076
E-Mail: info@crestcounseling.com
Website: www.crestcounseling.com
Services: Career Counselling, Counselling for Children and Adolescents
Consultation Charges: Rs. 500-2,000
Other Details: Services provided to adults and children.

BANJARA ACADEMY

ADDRESS: 418, 1st block, 1st main Road, Govinda raj garden, R T Nagar, Bangalore 560032, Karnataka.
Contact: 080-23535766
E-Mail: you.matter@banjaraacademy.org
Website: www.banjaraacademy.org
Services: Career Counselling, Counselling for-family, children, adolescents, Individual
Consultation Charges: Free
Other Details: Services provided to adults and children.

INNERSIGHT COUNSELLING AND TRAINING CENTER

ADDRESS: 44/2 (BBMP 116/2-2) Krishnappa garden, C V Raman Nagar, Near Bagmane Tech Park Front Gate, Bangalore 560093, Karnataka
Contact: +91-9611405684
E-Mail: counsellors@innersight.in
Website: www.innersight.in
Services: Career Counselling, Counselling for-family, children, adolescents, Individual, diversity counselling, couple, corporate, counselling for Special needs
Consultation Charges: Rs. 800-1,500
Other Details: Services provided to adults and children.
AANTHARYA
ADDRESS: No.1276, 1st A Cross, 2nd phase, 
Opp. Jnana Sanjeevani hospital, J P Nagar 2nd phase, 
Bangalore 560078, Karnataka.
Contact: +91-9845248000  E-Mail: aantharya10@gmail. 
Website: www.aantharya.org 
Services: Counselling for: Marital/Couple, Family, 
Parenting, Work and Career concerns, Stress 
Management, Depression and Anxiety
Consultation Charges: Rs. 400 (Rs. 250-300 for follow- 
up sessions)
Other Details: Services provided for adults only.

VISHWAS
SOCIETY FOR
MENTAL HEALTH
ADDRESS: 203, 8th F Main, Jayanagar 3rd block, 
Bangalore 560011, Karnataka.
Contact: 080-26632126 
E-Mail: vishwas.bangalore@yahoo.co.in 
Website: www.viswascounseling.org 
Services: Individual Counselling
Consultation Charges: Free
Other Details: Services provided for adults only.

NURTURING
NATURE
ADDRESS: 414, 4 G Main, HRBR Layout, Kalyan Nagar, 
Bangalore 560043, Karnataka.
Contact: +91-9448054162 
E-Mail: iz.counsellor@gmail.com 
Website: www.nurturingnature.in 
Services: Counselling for-Family, Adolescents, Children, 
Individual
Consultation Charges: Rs. 500
Other Details: Services provided to adults and children.

INNER DAWN
COUNSELLING
ADDRESS: 114, 2nd floor 6th main road, Bairasandara, 
1st block, Jayanagar East, Bangalore 560011, Karnataka.
Contact: +91-9632146316 
E-Mail: counselor@innerdawn.in 
Website: www.innerdawn.in 
Services: Counselling for- Individual, Couple/Marital 
Issues, Children, Adolescents, Parents, Pre-Marriage 
Counselling, Training Services, Mediation Services 
Consultation Charges: Rs. 800-1,200
Other Details: Services provided to adults and children.
PSYCHOTHERAPY AND COUNSELLING

ADDRESS: Veena Chakravarthy, MSO colony, Jeevanahalli near COX Town, Bangalore 560005, Karnataka.
Contact: +91-9036016610, +91-9036573115
E-Mail: support@psychotherapyclinic.co.in
Website: www.psychotherapyclinic.co.in
Services: Counselling for - Anxiety, Depression, Relationships, Stress Management, Anger Management, Suicidal Tendencies, Psychotherapy for Obsessive Compulsive Disorder, Guilt pangs, Women’s Issues, Career Counselling
Consultation Charges: Rs 1,500-2,000
Other Details: Services provided for adults only.

PRERNA ACADEMY COUNSELLING AND TRAINING CENTER

ADDRESS: C-03, Brigade M M, K R Road, Near Yediyur Lake, Banashankari, Bangalore 560070, Karnataka.
Contact: +91 9980072005
E-Mail: preranaacademy03@gmail.com
Website: www.preranaacademy.com
Services: Counseling For-Family, Children, Individual, Career, Marital Issues, Pre-Marital
Consultation Charges: Rs. 800-1,050
Other Details: Services provided to adults and children.

TALKITOVER

ADDRESS: Rakesh Fantasy Garden, 204, Aster Block, 2nd main road, East of NGEF layout, Kasturi Nagar, Bangalore 560043, Karnataka.
Contact: +91-9886967344
E-Mail: contact_us@talkitover.in Website: www.talkitover.in
Services: Counselling For-Family, Marital Issues, Children, Adolescents, Individual
Consultation Charges: Rs. 800-1,000
Other Details: Services provided to adults and children.

FIVE: PEDIATRIC THERAPY SERVICES

ADDRESS: No 45-46, Kodihalli Main Road, HAL 2nd Stage, Indira Nagar, Bangalore 560008, Karnataka.
— AND —
No. 887, 22nd Main, 11th Cross, 2nd Phase J P Nagar, Bangalore 560078, Karnataka.
Contact: +91-9449255000, +91-9449155000
E-Mail: enquiry@fiveindia.com Website: www.fiveindia.com
Services: Child Counselling and Therapies
Consultation Charges: Rs. 500
Other Details: Services provided for children only.
**SETMYCAREER CAREER SOLUTIONS PVT. LTD.**

**ADDRESS:** No. 14, 1st Floor, 2nd Main, Opp. Passport office, Nanjappa Reddy Layout, Koramangala, Bangalore 560095, Karnataka.

**Contact:** 080-41141777, 080-65831412  
**E-Mail:** info@loratis.co.in  
**Website:** www.setmycareer.net  
**Services:** Career Counselling  
**Consultation Charges:** Rs. 500  
**Other Details:** Services provided for children studying in Class 10 onwards.

**CADABAM’S MIND TALK**

**ADDRESS:** No 942, 21st Main, 9th Cross, J.P.Nagar, 2nd Phase, Bangalore 560078, Karnataka.

**Contact:** 080-26581455, 080-26590940  
**Website:** www.cadabamsmindtalk.com  
**Services:** Counselling for- Children, Adolescents, Family  
**Consultation Charges:** Rs, 1,000  
**Other Details:** Services provided to adults and children.

**VIVEKA CENTRE FOR EMOTIONAL SUPPORT**

**ADDRESS:** No.3271, First Floor, 11th Main, HAL 2nd Stage, Indiranagar, Bangalore 560008, Karnataka.

**Contact:** 080-65330387  
**E-Mail:** support@vivekatrust.org  
**Website:** www.vivekatrust.org  
**Services:** Individual Counselling  
**Consultation Charges:** Free  
**Other Details:** Services provided for adults and adolescents.

**PRASANNA COUNSELLING CENTRE**

**ADDRESS:** “Ajita Shree”,  
8/28, Bull Temple Road,  
Bangalore 560004, Karnataka.

**Contact:** 080-26608926  
**E-Mail:** hinduseva@gmail.com  
**Website:** www.hinduseva.org  
**Services:** Individual Counselling  
**Consultation Charges:** Free  
**Other Details:** Services provided for adults only.
THE MIND RESEARCH FOUNDATION

ADDRESS: 318A, 100 Feet road, Indiranagar, Bangalore 560038, Karnataka.

Contact: 080-25202055
Website: www.athoz.org
Services: Counselling For-Family, Work/Student Stress, Children
Consultation Charges: Rs. 750
Other Details: Services provided to adults and children.

THE PROMISE FOUNDATION

ADDRESS: 231, Cozy Home Layout, B. Hosahalli Road, Sompura Gate, Sarajpura Road, Anekal Taluk, Bangalore 562125, Karnataka.

Contact: 080-27823524, +91-9632767657
E-Mail: promise@vsnl.com
Website: thepromisefoundation.org
Services: Career counseling
Charges: Rs. 5,000
Other Details: Services provided for students.

SANDHYA RASQUINHA

ADDRESS: Museum Road, Bangalore 560025, Karnataka.

Contact: +91-96 11 105430
Services: Specialised in Marriage and Family Therapy, Group Therapy, Educational Institutions, Adult Survivors of child sexual Abuse
Other Details: Services provided to men and women.

NANDITA MOREIRA

Contact: +91-98 86 891499
Services: Specialised in Marriage and Family Therapy, Addiction
Other Details: Service provided to men and women.
Contact: +91-88 84 409570
Services: Specialised in Workplace Counselling

Other Details: Service provided to men and women.

Contact: +91-98 86 701512
Services: Specialized in Marriage and Family Therapy
Other Details: Service provided to men and women.

Contact: +91-98 80 105071
Services: Specialized in Marriage and Family Therapy, Group Therapy, Relationship Issues.
Other Details: Service provided to men and women.

ADDRESS: No. 184, Old Madras Road, Indiranagar, Bangalore 560038, Karnataka.

Contact: 080-25283320, 080-25284050, +91-448855435
E-Mail: montfort@vsnl.com
Website: www.sampurnamonfort.com
ADDRESS: 45, Museum Road, Bangalore 560025, Karnataka.

Contact: 080-25580352, +91-9900517523
E-Mail: arulraj.gali@gmail.com
Mental health and illness narratives have never been valued and are given less or no credit. Mental illness is understood from a very narrow perspective—personal experiences are often negated and causes of illness are validated only by 'medical', 'physiological' and 'psychological' tests.

With centres offering alternative forms of care, people have multiple options which let them re-connect and rejuvenate their balance without using medications or an expert psychiatric opinion alone. These forms of treatment have been always present around us but seem to have lost their appeal due to the dominance of the biomedical approach over others models of healthcare all over the world. Mental health issues have been known to be dealt with either using modern medicines, by restricting persons’ contact with the external world or controlling their actions using harsh methods like physical confinement using chains and electro-convulsive ‘therapy’.

What one needs to realize and recognize is the fact that there are innumerable ways of treating mental illness through alternative health systems or by using a combination of bio-medicine and alternate approaches such as faith-based healing, Pranic healing, Reiki healing, Yoga and meditation.

These approaches to healthcare treat the person in a holistic manner and draw connections between the mind, body and soul (physically, psychologically and spiritually) rather than focusing on just the symptoms of the illness.
BANGALORE VIPASSANA CENTRE

ADDRESS: Bangalore Vipassana Centre - Dhamma Paphulla Alur, (Near Panchayat Office) Dasanapura Hobli,(23 Km from Bangalore City Railway Station), Bangalore 562123, Karnataka.

Contact: +91-7829912733, +91-8861644284, +91-9480581708, +91-9972588377, +91-8023712377
E-Mail: info@paphulla.dhamma.org
Other Details: Timing for calling: 9:00 AM to 6:00 PM IST

THE ART OF LIVING

ADDRESS: No.19, 39th A Cross, 11th Main Road, Jaya Nagar 4th T Block, Bangalore 560041, Karnataka.

Contact: +91-9880119410

SHREYAS YOGA RETREAT

ADDRESS: Santoshima Farm, Gollahalli Gate, Nelamangala, Bangalore 562123, Karnataka.

Contact: +91-9916110422

NIITN HOLISTIC WELLNESS CENTRE

ADDRESS: No. 85, 1st Floor, Kaggadaspura Road, C.V. Raman Nagar, Bangalore 560093, Karnataka.

Contact: +91-9880296269
SRI DUTTA PEETHA MEDITATION CENTER

ADDRESS: No. 211, Banashankari 3rd Stage, Bangalore 560085, Karnataka.

Contact: +91-9972626666
Services: Yoga Centre for men, Pranic Healing.

BHARAT THAKUR YOGA CLASSES

ADDRESS: Indian Heritage Studio, Malleswaram Club, Jayanagar, Bangalore 560011, Karnataka.

Contact: 080-25089493
Services: Yoga Centre for men.

SOUKANYA INTERNATIONAL HOLISTIC HEALTH CENTRE

ADDRESS: Soukya Road, Samethanahalli, Whitefield, Bangalore 560067, Karnataka.

Contact: +91-9845374400

PRITHVI NATURAL HEALING AND YOGA CENTRE

ADDRESS: No. 841, 5th Cross, 10th Main Road, Indira Nagar, Bangalore 560038, Karnataka.

Contact: +91-9845162225
ADDRESS: No. 211, Banashankari 3rd Stage, Bangalore 560085, Karnataka.
Contact: +91-9972626666
Services: Yoga Centre for men.

ADDRESS: 5th B Main Road, K.R. Road Cross, Tata Silk Farm, Yediyur, Bangalore 560082, Karnataka.
Contact: 080-26760189

ADDRESS: No.52, Cement Villa, 1st Floor, 5th Mn, 18th Cross, Malleswaram West, Malleswaram, Bangalore 560055, Karnataka.
Contact: +91-9845661221

**SOMA**

**ADDRESS:** 18th Main, 2nd Block, Koramangala, Bangalore 560034, Karnataka.

**Contact:** +91-9845061046

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**YOGA VIDYA PRANIC HEALING FOUNDATION OF KARNATAKA**

**ADDRESS:** No.301, HM Studios, No.67, St. Marks Road, Bangalore 560001, Karnataka.  
(Landmark: Behind Nandhini Hotel)  
**Contact:** 080-22231748/49, +91-8971600161  
**E-Mail:** karnataka@pranichealing.co.in  
**Services:** Basic Pranic Healing, Advanced Pranic Healing, Pranic Psychotherapy  
**Consultation Charges:** Provide free of cost/subsidized services for economically and socially disadvantaged groups.  
500-1000INR/consultation. Variation in the rate is dependent on the seniority of the healer. The severity of the condition will be the deciding factor on how many consultations/healings are required.  
**Other Details:** Caters to men, women and children.

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**SOHAM PRANIC HEALING CENTRE**

**ADDRESS:** Anand Nagar, Hebbal, Bangalore 560037, Karnataka.  
**Contact:** +91-9986158608  
**Services:** Yoga and Meditation classes, Energy Healing.

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**SURAKSHA PRANIC HEALING CENTRE**

**ADDRESS:** 36th Cross Road, 4th Block, Pattabhirama Nagar, Jayanagar, Bangalore 560041, Karnataka.  
**Services:** Pranic Healing Centre, Twin Heart Meditation.
**PRANIC HEALING CENTRE OF BANGALORE**

**ADDRESS:** 419/38, 20th Main, Near-Gokul Hotel, Rajaji Nagar 1st Block, Bangalore 560010, Karnataka.

**Contact:** +91-9448050720

**Services:** Yoga and Meditation Centre, Pranic healing.

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**APPLE A DAY GOOD HEALTH CENTRE**

**ADDRESS:** Jeevan Bima Nagar Main Road, HAL 3rd Stage, Hal, Puttappa layout, New Thippasandra, Bangalore 560075, Karnataka.

**Contact:** +91- 9583928781

**Services:** The Apple a Day Good Health Centre specializes in not just Pranic healing, but also in lifestyle management, diet counselling, acupressure, acupuncture, yoga therapy, homeopathy management, etc.

**Other Details:** Open throughout the week and closes early in the evening.

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**VIVEK PRANIC HEALING AND TRAINING CENTRE**

**ADDRESS:** No.348, 15th Mn Rd, 1stBlk, 3rd Phs, UvceLyt, Woc Rd, Basaveshwara Nagar, Bangalore 560079, Karnataka.

**Contact:** 080-66498188

**Services:** Acupuncture, Ayurvedic Treatment and Pranic healing.

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**V CUBE CENTRE**

**ADDRESS:** No.30/2, Varanasi-Ramamurthy Nagar, Near Mother Teresa School, Bangalore 560016, Karnataka.

**Contact:** 080-49158002

**Services:** Pranic Healing.
VIVEKANANDA YOGA KENDRA

ADDRESS: 787/A, 8th Cross, Triveni Road, Divanarapalya, Mathikere, Near New Carmel English School, Bangalore 560054, Karnataka.

Contact: 080-23470708
Services: Pranic Healing
Other Details: The Vivekananda Yoga Kendra has been established exclusively for women.

MBS HOLISTIC CENTRE

ADDRESS: 1st Floor, Dsr Atrium, ECC Road, Whitefield, Adjacent G R Tech Park, Bangalore 560066, Karnataka.

Contact: +91-80664595111

NLITN HOLISTIC WELLNESS CENTRE

ADDRESS: No.85, 1st Floor, Kaggadasapura Road, C V Raman Nagar, Bangalore 560093, Karnataka.

Contact: +91-8066832251
Services: Yoga, Meditation, Counseling
Other Details: The Nlitn Holistic Wellness Centre is for women.
Psychologists

Psychologists are professionals who evaluate and study an individual’s behavior and mental processes using a variety of therapeutic techniques which help them assess, diagnose, treat and study mental processes.

Psychologists who have a degree in the subject are involved in clinical counseling and some of them work as social psychologists who carry out research and work closely with the community.

A licensed psychologist can offer a wide range of services to people, which include: Individual and group therapy with adult, adolescents and children, addressing common problems including anxiety, depression and substance abuse.

They also help in school to enhance students’ learning.

Finally, they provide neuropsychological service to aid in the evaluation and treatment of learning disabilities, developmental disabilities and cognitive problems.
ADDRESS: No.877, 18th Main, 60th Cross, Bhashyam Circle, Rajajinagar. Landmark: Near Adyar Anandha Bhavan, Bangalore 560010, Karnataka.

Contact: 080 6608 4068
Services: Psychotherapy, Group Therapy, Hands-On Training Workshops/Awareness Programs, Counselling for Male and Female Sexual Problems, Gender Reassignment Surgery, Pre and Post Marital Issues
Consultation Charges: Rs. 2,000
Other Details: Services provided for adults only.

ADDRESS: Dwarakamayi Homoeo Clinic
Shop no-3, No.2, 8th Cross, Shiridi Sai Layout, Munnekolala, Marathahalli.
Landmark- Beside Shridi Sai Baba Temple, Bangalore 560037, Karnataka.

Services: Depression, Anger Management, Cognitive Behavioral Therapy, Premarital Counseling, Grief Counseling, Sleep Disorders, Post-Traumatic Stress Disorder (PTSD), Behavior & Thought Problems, Adolescent Problems, Family Problems, Loneliness, Parenting Issues & Doubts, Low Confidence, Emotional Outbursts, Concentration Problems, Menstrual Problems
Consultation Charges: Rs. 500
Other Details: Services provided for adults only.

ADDRESS: Richmond Polyclinic, 1st Floor, Ranka Park Apartments, Lalbagh Road, Near Richmond Circle, Bangalore 560027, Karnataka.

Contact: 080-22221295
Services: Psychotherapy
Consultation Charges: Rs. 1,000 (Individual), Rs. 1,500 (Couple)
Other Details: Timings - Monday to Friday 8:45 AM to 3:00 PM
DR. SAFIYA

ADDRESS: Mind and Brain Clinic, No.493, 1st Floor, Mohnish Complex, F Block, 60 Feet Road, Sahakaranagar, Landmark: Off International Airport Road, Bangalore 560092, Karnataka.


Consultation Charges: Rs. 750
Other Details: Services provided to adults and children.

SOULBATH FOUNDATION

ADDRESS: No.126, 2nd Floor, 1st Main Road, 2nd Stage, Domlur, Bangalore 560071, Karnataka.

Contact: 080-33054087
Other Details: Services provided for adults only.

ATHOZ CENTER FOR THOUGHT CARE

ADDRESS: No.318/A, 100 Feet Road, Indiranagar, Near Karur Vyasa Bank, Bangalore 560038, Karnataka.

Contact: 080-30924508
Consultation Charges: Rs. 500
Other Details: Services provided to adults and children.
ADDRESS: No.1271, 15th Main, 7th cross, BTM 2nd stage, Landmark: Opp Dominos Pizza, Bangalore 560076, Karnataka.

Contact: 080-39628721
Services: Marital counseling, Stress Management counseling, Depression Anger Management, Psychosexual Problems, Phobia, Grief Counseling, Pregnancy Problems, Crisis Management, Concentration Problems, Early Parenting Issues
Other Details: Services provided for adults only.

ADDRESS: No 1546, 1st Floor, 39th Cross, 22nd Main, Jayanagar 4th T Block. Landmark: Near Mamatha Hospital, Bangalore 560041, Karnataka.

Contact: 080-6608 4329
Consultation Charges: Rs. 500

ADDRESS: No.775, Double Road, Indiranagar, Landmark: Near Cauvery School, Bangalore 560038, Karnataka.
Contact: 080-3351 2255, 080-3232 3030
Services: Counselling Psychology, Cognitive Behavioral Therapy, Anger Management, Loss of Interest, Grief Counseling, Psychotherapy, Premarital Counseling, Sleep Disturbance, Post-Traumatic Stress Disorder (PTSD), Behavior & Thought Problems, Family Problems, Loneliness, Parenting Issues & Doubts
Consultation Charges: Rs. 800
Other Details: Services provided for adults only.

ADDRESS: No.522, Jagruti, R.V. Road, Basavangudi. Landmark:Near Garutman Park, Bangalore 560004, Karnataka.

Contact: 080-33512230
RAINBOW CLINIC & DIAGNOSTIC LABORATORY


Contact: 080-33512200
Services: Anger Management, Cognitive Behavioral Therapy, Premarital Counseling, Loss of Interest, Grief Counseling, Psychotherapy, Sleep Disturbance, De-Addiction, Psychosexual Problems, OCD, Post-Traumatic Stress Disorder (PTSD)
Consultation Charges: Rs. 500
Other Details: Services provided for adults only.

HANK NUNN INSTITUTE

ADDRESS: Therapeutic Community Centre, LIC Colony, Sector 11, New Thippasandra, Bangalore 560075, Karnataka.

Contact: +91-9980885814
Other Details: Contact Person- Dr. Anando Chatterjee

SAMPURNA PSYCHOLOGICAL SERVICES CENTRE (SPSC)

ADDRESS: 184, Old Madras Road, Indiranagar Post, Bangalore 560038, Karnataka.

Contact: 080-25201864, +91-9448855435
E-Mail: sam.montfortfce@gmail.com

Hridaya Shakthi

ADDRESS: Chevalier Bhavan, Haralur Road, Bellandur Gate, HSR Layout, Bangalore 560102. Karnataka.

Contact: 080-25725016, +91-9480429086
E-Mail: pancss2000@yahoo.com
Services: Centre for Counseling, Psychotherapy and Psychological Assessment
Psychiatrists

Psychiatrists are trained medical health practitioners and physicians who specialize in the diagnosis, treatment, and prevention of mental health and emotional problems. They are qualified to distinguish between physical, mental and psychological causes of distress.

The extensive medical training helps them understand the functions of the body and the complex relationship between the mind and the body. A medically trained psychiatrist is qualified to prescribe medicines.

Psychiatrists provides a wide range of biological and psycho-social ‘treatments’ which are tailored to the specific ‘needs of the patient’. They use various methods that help patients to bring a change in their unusual behavior and/or their thought patterns.

Psychiatrists are a key source for providing mental health care services to people suffering from minor mental health issue or a severe case of mental illness.
Dr. Ravi Prakash

ADDRESS: No. 15, 15 C Cross, Muthyala Nagar, Mathikere, Bangalore 560054, Karnataka.

Contact: +91-9620552673
E-Mail: drravi2121@gmail.com

Dr. H.S. Narayanan

ADDRESS: No.260, 15th Cross, 9th Main Road, Wilson Garden, Adugodi, Bangalore 560030, Karnataka.

Contact: 080–22235136

Dr. Keshavan M.S.

ADDRESS: 1380/H, 6th Cross, 2nd Block, 1st Block, Ashok Nagar, Banashankari, Bangalore 560050, Karnataka.

Contact: 080–26675044

Dr. N.B. Kulkami

ADDRESS: No.36, Ashriya Apartments, 1st Main Road, Vinayaka Layout, Vijayanagar, Bangalore 560040, Karnataka.

Contact: +91-9448074079, 080-23406276
ADDRESS: No. 513, 4E Cross, 2nd Block, HRBR Layout, Banaswadi, Bangalore 560043, Karnataka.

Contact: +91-9845013799

ADDRESS: No.564, 2nd Block, 2nd Cross, 3rd Main, R.T. Nagar, Land Mark: Near B.D.A. Complex, Bangalore 560032, Karnataka.

Contact: 080–23334207

ADDRESS: No.1, P.V. Rao Street, Rasingpet, Chickpet, Bangalore 560053, Karnataka.

Contact: 080–26707010

ADDRESS: No.482, 1st Cross, 8th Block, Koramangala, Bangalore 560095, Karnataka.

Contact: +91-9448202663
DR. G VIKARAM PRABHU

ADDRESS: Phase 2, 15th Cross, 24th Main, J.P. Nagar, Bangalore 560078, Karnataka.

Contact: 080-40800200

DR. MAMATHA SHETTY

ADDRESS: B.T.S. Depot Road, Wilson Garden, Bangalore 560027, Karnataka.

Contact: 080-22238534

DR. MALIKA RAGHAVENDRA

ADDRESS: 3rd Main, Vyalikaval, Malleswaram, Bangalore 560003, Karnataka.

Contact: +91-9880299103, 080–23347460

DR. VENKATA RAMAIH V.

ADDRESS: Number 962, 12th Main Road, 2nd Stage, H.A.L. II Stage, Bangalore 560008, Karnataka.

Contact: 080–25264872
DR. N.A. JADHAV  
ADDRESS: Phase 3, 7th Main, 11th Cross, J.P. Nagar, Bangalore 560078, Karnataka.  
Contact: 080–26589078

DR. B. R. MADHUKAR  
ADDRESS: Number 647, 22nd Main Road, 4th Block, Jaya Nagar East, Bangalore 560069, Karnataka.  
Contact: +91-9448237504

DR. S.L. VIJENDRA  
ADDRESS: 28th Main, 9th Block, Jaya Nagar East, Bangalore 560069, Karnataka.  
Contact: 080–26656446

DR. KIRTANA RAJSHEKHAR  
ADDRESS: Number 633, Shekhar Nethralaya, Phase 3, 100 Feet Ring Road, J.P. Nagar, Bangalore 560078, Karnataka.  
Contact: 080–26593210
DR. S.M. CHANNABASANANNA

ADDRESS: 10th Cross, Wilson Garden, Bangalore 560027, Karnataka.

Contact: 080–22222726

DR. SHAMALA VATSA

ADDRESS: Number 22, Hermitage Apartment, Shop Number B 2, Haudin Road, Sivanchetti Garden, Bangalore 560042, Karnataka.

Contact: +91-9844157706

DR. BHUPENDRA CHAUDHARY

ADDRESS: Manipal Hospital, Airport Road, Bangalore 560017, Karnataka.

Contact: +91-9980524700
E-Mail: dr.jwsabhaney@yahoo.co.in

DR. SARANYA DEVANATHAN

ADDRESS: Number 279, 10th Cross, H.S. Road, Wilson Garden, Bangalore 560027, Karnataka.

Contact: 080-22225724
ADDRESS: Mallige Medical Centre, Crescent Road, Bangalore G.P.O., Bangalore 560001, Karnataka.

Contact: 080-22261135
E-Mail: info@mallige.com

ADDRESS: Number 473, C.M.H. Road, Indira Nagar, Bangalore 560038, Karnataka.

Contact: +91-9845538518
E-Mail: vijaya.savi@gmail.com

ADDRESS: 1st Phase, 8th Cross, 32nd Main Road, I.T.I. Colony, J.P. Nagar, Bangalore 560078, Karnataka.

Contact: 080-26342241

ADDRESS: Number 302, 3rd Floor, A, Ranka D Paradise, A Block, Frazer Town, Bangalore 560005, Karnataka.

Contact: +91-9448383382
E-Mail: dr.jwsabhaney@yahoo.co.in
ADDRESS: Number 142, B Roadway Road, Shivaji Nagar, H.K.P. Road, Sulthangunta, Bangalore 560051, Karnataka.

Contact: +91-9886220311

ADDRESS: Number 254, 6th Main, Ideal Homes Township, Raja Rajeshwari Nagar, Bangalore 560098, Karnataka.

Contact: +91-9900512163, 080–28601728
E-Mail: aadhihara90@hotmail.com

ADDRESS: Raj Bhavan Quarters, Raj Bhavan Road, Bangalore G.P.O., Bangalore 560001, Karnataka.

Contact: 080-22254102

ADDRESS: Number J-04, Diamond District, Airport Road, Kodihalli, H.A.L. II Stage, Bangalore 560008, Karnataka.

Contact: +91-9945686004
E-Mail: psmravi@hotmail.com
ADDRESS: 61, 5th Block, Koramangala, Bangalore 560034, Karnataka.

Contact: 080-25530655

ADDRESS: Mind Body Clinic, Shop Number 372, B - Block, AECS Layout, Off ITPL Main Road, Brookefields, Bangalore 560037, Karnataka.

Contact: +91-9611130934
E-Mail: wgcdrpnlnarayana@gmail.com

ADDRESS: Number 813, 2nd Main, 1st Block, H.A.L. 3rd Stage, New Thippasandra, Bangalore 560075, Karnataka.

Contact: +91-9845198229
**DR. KIRAN KUMAR K**

ADDRESS: Number 8, Marathahalli, Bangalore 560037, Karnataka.

Contact: +91-9886496528  
Email: drkiran.bychaitry@gmail.com

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**AMAR BAVLES CLINIC**

ADDRESS: Sadashiva Nagar, No. 203, 2nd Floor, Esteem Plaza, Sadashiva Nagar, Land Mark: Near Shanthi Sagar Hotel, Bangalore 560080, Karnataka.

Contact: +91-9845147047, 080–23615496

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**DR. RAJINI**

ADDRESS: No. 10, 80 Feet Road, Girinagar, Land Mark: Near ICICI Bank ATM, Bangalore 560085, Karnataka.

Contact: +91-9845329154

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**DR. RAMA KRISHNAN R**

ADDRESS: No. 360, 7th Main, HAL 2nd Stage, Indira Nagar, Bangalore 560038, Kanataka.

Contact: +91-9845736199
DR. CHANDRA SHEKAR M.

ADDRESS: No. 103, 6th Cross Street, Oil Mill Road, Arvinda Nagar, Lingarajapuram, Land Mark: Near Bangalore Diabetic Centre, Bangalore 560084, Karnataka.

Contact: +91-9845325502

DR. MANJULA RAO

ADDRESS: No. 707, 10th Cross, 16th Main Road, BTM 2nd Stage, Bangalore 560076, Karnataka.

Contact: +91-9880206910
E-Mail: manjrau@hotmail.com

DR. SHANU

ADDRESS: No. 3, H.S.R. Layout, Bangalore 560102, Karnataka.

Contact: +91-9343399648

DR. SRIKALA BHARATH

ADDRESS: 8th Cross Street, Mico Layout, Bannerghatta Main Road, Bangalore 560076, Karnataka.

Contact: 080-26680529
ADDRESS: Plot No. 32,  
8th B Main, BTM Layout,  
Bangalore 560029, Karnataka.  

Contact: +91-9945368194

ADDRESS: Plot No. 281,  
100 Feet Road, Phase 4,  
Banashankari 3rd Stage,  
Bangalore 560085, Karnataka.  

Contact: 080-26692888

ADDRESS: Plot No. 281,  
100 Feet Road, Phase 4,  
Banashankari 3rd Stage,  
Bangalore 560085, Karnataka.  

Contact: +91-9448083787

ADDRESS: No. 139/A, 10th Main,  
RMV Extension, Sadashiva Nagar,  
Bangalore 560080, Karnataka.  

Contact: +91-9900766441  
E-Mail: manasvidrspecialists@hotmail.co.uk
DR. KAPUR B.

ADDRESS: No. 513, 4th Cross, HRBR Layout, Kalyan Nagar, Bangalore 560043, Karnataka.

Contact: +91-9845013799

DR. SUMANTH T. P.

ADDRESS: Seva Mind Clinic, 5th Main, Next to Hampinagar PO, Hampinagar (RPC Layout), Vijayanagar, Bangalore 560040, Karnataka.

Contact: +91-9886717890
E-Mail: sumanth_tp@yahoo.com

DR. ANAND RAO A.

ADDRESS: No. 281, 100 Feet Ring Road, Banashankari 3rd Stage, Bangalore 560085, Karnataka.

Contact: 080–26892888, 26692888

DR. ANITHA VASUDEVAN

ADDRESS: No.312/D, 9th A Main, 100 Feet Road, Jayanagar 5th Block, Bangalore 560041, Karnataka.

Contact: 080-33052467
DR. RUKMANI
DEVANATHAN


Contact: 080-33642257

DR. SATISH
RAMAIAH

ADDRESS: People Tree Mind Care, Tumkur Road, Yeshwanthpur, Bangalore 560022, Karnataka.

Contact: 080-30145010

DR. SUMANTH T. P.

ADDRESS: Guru Wellness Centre, 80 Feet Road Chandra Layout, Opp Deewar Hotel, Vijayanagar, Bangalore 560040, Karnataka.

Contact: 080-33561405

DR. AZHAR ALMAS

ADDRESS: No.19, Nandi Durga Road, Benson Town, Jayamahal, Bangalore 560046, Karnataka.

Contact: +91-9845024688, 080-23530476
ADDRESS: Rmv Diagnostic Center, Sanjay Nagar, Bangalore 560094, Karnataka.

Contact: 080-42664377
A hospital is a health care institution with specialized medical services and qualified doctors that provides treatment for patients. Most of the hospitals use a modern approach to medicine which aims to ‘cure’ and ‘treat’ patients of their illnesses and diseases using allopathic drugs, diagnostic tests and regular consultations.

The listed public and private hospitals in Bangalore provide care and treatment for persons dealing with issues related to mental illness. In cases of critical mental illness and neurological diseases (e.g.: schizophrenia, bi-polar, Alzheimer’s etc.), hospitals could provide effective short-term curative measures.

The directory lists multiple alternative options available in Bangalore for patients, their families and stakeholders, which differ from the biomedical approach of hospitals. The users of this directory are encouraged to explore various combinations of treatment for their mental illness and consider rethinking the popular notion that mental illness cannot be resolved without big hospitals and heavy medications.
ADDRESS: 154/11, Opp IIM, Bannerghatta Road, Bangalore 560076, Karnataka.

Contact: 080-26304050, 26304051
E-Mail: customercare_bangalore@apollohospitals.com

ADDRESS: Number 21/2 (Old No.2), 14th Cross, 3rd Block, Jayanagar, Bangalore 560011, Karnataka.

Contact: 080-30804444
E-Mail: customercare_ahjn@apollohospitals.com

ADDRESS: Number 125, 10th Main, 1st Block, Jayanagar, Bangalore 560011, Karnataka.
Landmark: Near Ashoka Pillar.

Contact: 080-26565135, 26577919, 26565135, 26577919, 69914029, 6453 4487, +91- 9448374392
Other Details: Private

ADDRESS: Number 82, Nallurahalli, Near BMTC 18th Depot, Whitefield, Bangalore 560066, Karnataka.

Contact: 080-28412956
Other Details: Private
ADDRESS: No. 17. Dr. M.H. Mari Gowda Road, (Hosur Road), Bangalore 560027, Karnataka.

Contact: +91-9035016740, +91-9035016741, +91-9035016742, +91-9035016743

Other Details: Private, Everyone

ADDRESS: City Market, Bangalore 560002, Karnataka.

Contact: 080-26701150 Ext- 201-202), 080-2670 3320
E-Mail: victoriahospitalbangalore@ymail.com

Other Details: Government

ADDRESS: Hosur Road, Lakkasandra, Bangalore 560029, Karnataka.

Contact: 080-26995200, 26995255
E-Mail: ms@nimhans.kar.nic.in

Other Details: Government

ADDRESS: 154/9, Bannerghatta Road, Opp IIM-B, Bangalore 560076, Karnataka.

Contact: 080-66214444
Website: care.bng@fortishealthcare.com

Other Details: Private
COLUMBIA ASIA INDIA


Contact: 080- 61656666
Other Details: Private

ST. JOHN’S MEDICAL COLLEGE HOSPITAL

ADDRESS: Sarjapur Road, Bangalore 560034, Karnataka.

Contact: 080-22065000, 080-22065003, 22065004

NARAYANA HRUDYALA

ADDRESS: No. 258/A, Bommasandra Ind Area, Anekal Taluk, Bangalore 560099, Karnataka.

Other Details: Private

MIND AND BRAIN CLINIC

ADDRESS: No.493, 1st Floor, Monish Complex, F Block, 60 Feet Road, Sahakar Nagar, Next to Hebbal Flyover, Off International Airport Road, Bangalore 560092, Karnataka.

Contact: 080-23628017, +91- 9900750017
Website: info@mindandbrainclinic.co.in
Other Details: Private
ADDRESS: Panthorpalya Mysore Road, Nayandahalli, Bangalore 560039, Karnataka.
Contact: 080-25996156
Other Details: Private

ADDRESS: No.280, 15th Cross, 5th Phase, JP Nagar, Bangalore 560078, Karnataka.
Website: info@cadabamshospitals.com
Other Details: Private

ADDRESS: 74/2, Jarakabande kaval, Yelahanka, Via Attur post, Bangalore 560064, Karnataka.
Phone: 080 2856 7000

ADDRESS: Near Shivaji Nagar Bus Stand, Bangalore 560001, Karnataka.
Contact: 080-25327715, 25592813, 25591362, 25327713, 25327714, 25571804
Rehabilitation is a process of recovery and ‘treatment’ designed to enable patients to deal with the after-effects of an injury, an illness or a disease in order to smoothly proceed towards the routine life.

The purpose of rehabilitation is to restore the patient’s physical, sensory, and mental capabilities. Rehabilitation includes assisting the patient in compensating for deficits that cannot be treated medically and to help them accept and deal with their realities.

Drug rehabilitation (often referred to as ‘De-addiction’) is a term for the processes of medical, social and/or psycho-therapeutic treatment for those dependent or ‘addicted’ to psychoactive substances including alcohol, prescription drugs and/or street drugs such as cocaine, heroin or amphetamines.

The intent is to ensure that the patient reduce the consumption of harmful drugs and gradually stop its usage. So that they can realize the value of leading a healthy life without dependence on substances which have an inherent potential to cause great harm to human body and brain. The aim is also to bypass the psychological, legal, financial, social, and physical consequences that accompany extreme substance abuse.

The spectrum of treatment includes medication for depression or other forms of mental illness, to counseling by experts and the sharing of experience with other persons being rehabilitated, as well as engagement in activities that will divert one’s mind from dependence on the created “need” of substances.
FREEDOM FOUNDATION

ADDRESS: No. 180, Hennur Cross, Bangalore 560043, Karnataka.

Contact: 080-25440134/9766
E-Mail: ho@thefreedomfoundation.org
Website: www.thefreedomfoundation.org

KSHEMA MIND CARE

ADDRESS: 59, 1st B Main Road, Venkata Gowda Layout, Kempakura, Hebbal, Bangalore 560024, Karnataka.

Contact: +91-9663077573
Consultation Charges: Varies from case-to-case
Other Details: Age Group- 18 to 80 years

SHEALING SOCIETY

ADDRESS: No. 129, 3rd Floor, 1st Main Road, College Bus Stop, Kempegowda Nagar, dadarahalli, Magadi Main Road, Bangalore 560091, Karnataka.

Contact: +91-7795383516, +91-9902914587
Consultation Charges: Varies from case-to-case
Services For: Alcoholism and Drug Substance Abuse
Other Details: Age Group- Above 18 years

CATS SOCIETY - CHEMICAL ADDICTION TREATMENT & SOLUTIONS

ADDRESS: No. 7, 1st Main, 13th Cross, Vyshnavi Nagar, Kengeri Check Post, Kengeri, Bangalore 560060, Karnataka.

Contact: +91-9342903090
Consultation Charges: Rs. 6,000- Rs. 10,000 per month
Services For: Alcoholism and Drug Substance Abuse
Other Details: Age Group- 18-60 years
ADDRESS: Kaggulipura Cross, Gulakamale Village, Kanakapura Road, Bangalore 560082, Karnataka.

Contact: +91-9880496693
Consultation Charges: Rs. 3,000 onwards
Services For: Alcoholism and Drug Substance Abuse
Other Details: Age Group- 20-60 years

ADDRESS: No. 4, Shyamarajapura, Amba Bhavani Temple Road, Vidyaranyapura Post, Bangalore 560097, Karnataka.

Contact: +91-9972443282, +91-8884346811
Consultation Charges: Rs. 7,800 onwards
Services For: Drug Substance Abuse and Personality Disorders
Other Details: Age Groups- 12-80 years

ADDRESS: Number 621/732, 1A, Cave Temple Road, Opp Meenakshi temple, Hulimavu, Bannerghatta Road, Bangalore 560076, Karnataka.

Contact: +91-9341637398
Consultation Charges: Varies from case-to-case
Services For: Alcoholism, Drug Substance Abuse, Counseling for Below 18 years
Other Details: Age Group- Above 18 years

ADDRESS: Plot No. 21, Anjannappa Layout, Kothanur, Bangalore 560077, Karnataka.

Contact: +91-9731959904
Consultation Charges: Rs. 15,000 – Rs. 22,000 Per Month
Services For: Drug Substance Abuse, Counseling
Other Details: Age Group- 16-60 years
ADDRESS: B.T.S. Depot Road, Wilson Garden, Bangalore 560027, Karnataka.

Contact: 080-22243640
Consultation Charges: Varies from case-to-case
Services For: Psychiatry, Remedial Issues
Other Details: Age Group- All

ADDRESS: TREDÁ, Doddakannahalli, Sarjapur Road, Carmelaram, Bangalore 560035, Karnataka.

Contact: 080-28439505
Consultation Charges: Rs. 20,000 – Rs. 60,000
Services For: Alcoholism and Drug Substance Abuse
Other Details: Age Group- 20-70 years

ADDRESS: 4, 3rd A Cross, Lake View Residency, Horamavu Agara, Bangalore 560043, Karnataka.

Contact: +91-9980591002
Consultation Charges: Free
Services For: Smoking, Alcoholism, Drug Substance Abuse
Other Details: Age Group- 18-60 years

ADDRESS: No. 111/5, Ramiah Complex, Parvathi Road, Kogilu, Yelahanka, Bangalore 560064, Karnataka.

Contact: +91-9886015414
Consultation Charges: Rs. 18,000 onwards
Services For: Alcoholism, Drug Substance Abuse, Schizophrenia
Other Details: Age Group- 18-70 years
AMAR JEEVIKA FOUNDATION

ADDRESS: Ramagondanahalli, AIM Hospital Road, Doddaballapur Road, Bangalore 560064, Karnataka.

Contact: +91-9008330012
Consultation Charges: Rs. 8,000 onwards
Services For: Alcoholism, Drug Substance Abuse, Counseling
Other Details: Age Group- All

NEW LIFE ALCOHOL & DRUGS ABUSE TREATMENT

ADDRESS: No. 83, Ground Floor, BCC Layout Railway Parallel Road, Chandra Layout, Bangalore 560040, Karnataka.

Contact: +91-9632188979
Consultation Charges: Rs. 30,000 for 3 Months
Services For: Alcoholism, Drug Substance Abuse
Other Details: Age Group- Above 18 years

CAT SOCIETY

ADDRESS: No. 74, Babasheb Kalyan, Kengeri, Bangalore 500060, Karnataka.

Contact: +91-7813903090
Consultation Charges: Varies from case-to-case
Services For: Alcoholism, Drug Substance Abuse
Other Details: Age Group- Above 18 years

MOKSHA FOUNDATION

ADDRESS: No. 66/1, Domsandra Circle, Sarjapur Road, Sarjapur, Bangalore 562125, Karnataka.

Contact: +91-9902992086
Consultation Charges: Varies from case-to-case
Services For: Alcoholism, Drug Substance Abuse
Other Details: Age Group- Above 18 years
YESHODHA FOUNDATION

ADDRESS: Doddaballapura Main Road, Yelahanka, Nagenahalli, Bangalore 560064, Karnataka.

Contact: +91-9916720960
Consultation Charges: Rs. 1,500 – Rs. 5,000
Services For: Alcoholism, Drug Substance Abuse
Other Details: Age Group - 25-40 years

NEW LIFE FOUNDATION

ADDRESS: Railway Line, Parallel Road, BCC Layout, Attigupi, Bangalore 560040, Karnataka.

Contact: +91-7676339070
Consultation Charges: Rs. 15,000
Services For: Drug Substance Abuse
Other Details: Age Group - Above 16 years

RISE FOUNDATION

ADDRESS: Number 80/2, Hirandahalli, Bidarahalli Hobli, Virgo Nagar Post, Avalahalli Circle, Hoskote Road, Bangalore 560049, Karnataka.

Contact: +91-9845229025
Consultation Charges: Varies from case-to-case
Services For: Drug Substance Abuse
Other Details: Age Group - 16-60 years
Halfway Homes

A halfway house is a place that enables people with physical, mental, and emotional turmoil to ‘take a break’ from their complicated situations and stay away from home and work. As the nomenclature- ‘halfway home’ suggests, family members and friends can still remain in touch with the person and it is not a complete isolation. These transitional living places supports the reintegration of people into society. It does so by striking a transitory accurate balance between spaces and people who you already know and at the same time addresses the need to have a unique space with a different atmosphere, diverse opportunities, leisure time and interact with other people.

Usually there are several planned sessions held throughout a person’s stay so that the person can express their inner thoughts, confusions, ideas and narratives of mental illness through creative activities. The sessions are intended to divert their minds as well as allow them to recuperate from the distress.
THE RICHMOND FELLOWSHIP SOCIETY

ADDRESS: 'ASHA' 501, 47th Cross, 9th Main, V block, Jayanagar, Bangalore 560041, Karnataka.

Contact: 080-26645583, 6346734
E-Mail: rfsindia@vsnl.com
Website: www.rfsindia.org

NAVCHETANA

ADDRESS: F3 Villa, Ranka Colony, Bilekahalli, Bannerghatta Road, Bangalore 560076, Karnataka.

Contact: 080-26786409, +91 -9448162661
E-Mail: navachetanablr@yahoo.com

THE SERENITY HALFWAY HOME

ADDRESS: Serenity Trust, Number 47, 1st floor, Vysya Bank Colony, 100 ft Road, BTM 2nd Stage, Bangalore 560076, Karnataka.

Contact: +91 813 9999 959
E-Mail: info@serenitytrust.in
Schools and Institutions for Differently-Abled Children

Schools and institutions for differently-abled children cater to students who have needs which are different from what the ‘mainstream’ education system has to offer. These institutions are specifically designed, staffed and resourced to provide appropriate education, conducive environment and learning activities for the children.

Institutions like these provide individual attention, sensitive and customized education with a low teacher-student ratio, ranging from 1:2 to 1:10. The staff takes special care of the children with severe learning difficulties, physical disabilities or behavioral problems which helps in their holistic development.

They are often equipped with facilities like soft play areas, sensory rooms, audio-visual classes, music and dance areas and swimming pools, which are helpful in developing the children’s learning abilities, self-acceptance and can lead to their integration into the ‘society’.

There is a growing need to recognize that children with different-abilities should not be discriminated against and subjected to subordination to other students who are considered “normal” by society. What is ‘normal’ and what is ‘abnormal’ is established by definition given by the society and through its mainstream perspectives. Bangalore has several schools and organizations which are at par with the other similar ‘formal’ set-ups and focus on education and other co-curricular activities for differently-abled children.
ASHA KIRAN SPECIAL NEEDS SCHOOL

ADDRESS: HL 212, Esther Gardens, Jayanthi Nagar, Ramamurthy Nagar Road, Hormavu, Bangalore 560016, Karnataka.

Contact: 080-65616160  
E-Mail: ashakirantrust@gmail.com  
Website: http://www.ashakiran.net/

COTTOLENGO SPECIAL SCHOOL FOR MENTALLY RETARDED

ADDRESS: Outer Cir, Whitefield, Bangalore 560066, Karnataka.

Contact: 080-2845 3923

DEEPIKA SCHOOL

ADDRESS: 1st Cross, Shankarapuram, Shankarmutt Complex, Basavanagudi, Bangalore 560004, Karnataka.

Contact: +91-9844469497, 080-26619844  
E-Mail: contact@deepikaschool.org

BETHANY SPECIAL SCHOOL

ADDRESS: St Bed Layout, 4th Block Main, Koramangala, Bangalore 560047, Karnataka.

Contact: 080-2563 4902  
E-Mail: school@bethanyhigh.net
ASHA INTEGRATED SCHOOL
ADDRESS: 3282, 1st Floor, Hal 2nd Stage, Near-ESI Hospital, Indiranagar, Bangalore 560038, Karnataka.
Contact: 080-4164 5939

ARUNA CHETANA
ADDRESS: 56, 11th Main Rd, Maruthi Extension, Malleshwara, Bangalore 560003, Karnataka.
Contact: +91-9741598443, +91-8151877406, +91-9448312624, 080-2331 2908
E-Mail: info@arunachetana.org
Website: arunachetana.org

BALDWIN OPPORTUNITY SCHOOL
ADDRESS: 3, Rhenius Street, Richmond Town, Rhenius Street, Bangalore 560025, Karnataka.
Contact: 080-22214514

THE SHEILA KOTHAVALA INSTITUTE FOR THE DEAF
ADDRESS: Shop No 28, Rustum Bagh Main Rd, Old Airport Road, Rustam Bagh Layout, Bangalore 560008, Karnataka.
Contact: 080-2526 2274
E-Mail: admissions@skid.ac.in
PLAY STREET

ADDRESS: Varthur Rd,
Thubarahalli, Brookefield,
Bangalore 560066, Karnataka.

Contact: 080-65335609
E-Mail: info@playstreet.in
Website: www.playstreet.in

SOPHIA OPPORTUNITY SCHOOL

ADDRESS: 70,
Palace Road, High Grounds,
Bangalore 560001, Karnataka.

Contact: 080-22205683

SAMPOORNA
(MUSIC THERAPY FOR CHILDREN WITH AUTISM)

ADDRESS: No 35, 10th main,
6th cross, Nandanam Colony, Horamavu,
Bangalore 560043, Karnataka.

Contact: +91-9916111533, 080-40943390
Website: www.sampoornamusic.org

FAME INDIA

ADDRESS: No. 156, 36th Cross,
2nd Main Road, Jayanagar 7th Block,
Bangalore 560082, Karnataka.

Contact: 080-22446621/22/23
Website: www.fameindia.org
KILIKILI

ADDRESS: No 35, 10th Main, 6th Cross,
Nandanam Colony, Horamavu,
Bangalore 560043, Karnataka.

Contact: +91-9880742028
E-Mail: info@kilikili.org
Website: www.kilikili.org

AKSHADHAA FOUNDATION FOR AUTISM

ADDRESS: 235, 3rd Main,
4th Block, HBR layout,
Bangalore 560043, Karnataka.

Contact: +91-9632220375
Website: www.akshadhaafoundation.org

BUBBLES CENTER FOR AUTISM

ADDRESS: No 102, Bidarahalli Hobli,
Beside Shaneeshwara Temple, Billishivale,
Bangalore 560077, Karnataka.

Phone: 080-28465336, +91-9449003602,
+91-9845557115
E-Mail: admin@bubblesblr.org
Website: www.bubblesblr.org

SPASTICS SOCIETY OF KARNATAKA

ADDRESS: No. 31, 5th Cross,
Off 5th Main, Indira Nagar,
Bangalore 560038, Karnataka.

Contact: 080-40745900
E-Mail: office@spasticssocietyofkarnataka.org
Website: www.spasticssocietyofkarnataka.org
ADDRESS: CA-1B, III Cross, III Phase, J P Nagar, Bangalore 560078, Karnataka.

Contact: 080-26581076, 26588045, E-Mail: mail@srmab.org / srmab1969@yahoo.com

ADDRESS: T J Towers, Kothanur Dinne Road, JP Nagar, Bangalore 560078, Karnataka.

Contact: 080- 3351 2331 (Dial Extension: 319)

ADDRESS: Sacred Heart Road, T. C. Palaya, K. R. Puram, Bangalore 560036, Karnataka.

Contact: 080-28474109, +91-8050928512 E-Mail: srmariaosf@yahoo.co.in

ADDRESS: Dharmaram (Centre for the differently – Abled), Dharmaram College P.O., Bangalore 560029, Karnataka.

Contact: 080-41116111, 080-41118591, +91-9449173370 Email: j.marius@rediffmail.com
ADDRESS: Geddalahalli, Kothanur Post, Bangalore 560077, Karnataka.

Contact: 080-28335457, +91-9880211934
E-Mail: blessedclara@gmail.com

ADDRESS: Christ School Road, Bangalore 560029, Karnataka.

Contact: +91-9449173370
E-Mail: j.marius@rediffmail.com

ADDRESS: 11th Main, 15th Cross, Malleswaram, Bangalore 560003, Karnataka.

Contact: 080-23346536, +91-9611780978
E-Mail: anniskl@rediffmail.com

ADDRESS: Cottolengo Convent, Outer Circle, Whitefield Post, Bangalore 560066, Karnataka.

Contact: 080-28459623, +91-9986688795
E-Mail: cottolengowfd@yahoo.com
Services: Home for the Mentally Retarded
SOPHIA OPPORTUNITY SCHOOL FOR THE MENTALLY RETARDED

ADDRESS: Sisters of Notre Dame, Number 70, Palace Road, Bangalore 560001, Karnataka.

Contact: 080-22205683, +91-9902044891
E-Mail: smprabhaj@yahoo.com

ST. JOSEPH NIVAS

ADDRESS: Gottigere Post, Bangalore 560083, Karnataka.

Contact: 080-28429219, +91-9902992298, +91-9845376036
E-Mail: josephnivasspecialschool@gmail.com
Services: Special school for the physically and mentally challenged

SWANTHANA

ADDRESS: Daughters of St. Camillus, Sarjapur Road, Ambedkar Nagar, Carmelaram Post, Bangalore 560035, Karnataka.

Contact: 080-28441153, 080-28440438, +91-9986951855
E-Mail: swanthana@bsnl.in
Services: Care and protection centre for mentally challenged female children
In the hustle and bustle of today’s world, when people hardly spend time and often refrain from talking and sharing their feelings and anxieties with anyone, a simple call can help them feel at ease, help to get a “closed” conversation started or provide them with necessary information or help which they may not be comfortable seeking otherwise.

With the increase in the incidence of cases of mental illness, there are many organizations, NGOs and hospitals which are running helplines to provide a unique kind of support by listening to people’s problems, extending telephonic counselling and providing guidance when required. The helplines maintain the confidentiality of the person by mostly providing an anonymous and safe space to share issues. This helps in establishing connections at a personal level. They are meant to be easily accessible to men, women, persons of the third gender, people relating to different sexualities, the aged and the children.
MAKKALA SAHAYAVANI (MSV)

ADDRESS: The Commissioner of Police, Bangalore City Police, No 1 Infantry Road, Bangalore 560001, Karnataka.

Contact: 080 22942222, 22943322
E-Mail: compolbcp@ksp.gov.in
Commissioner’s Twitter Handle: @cpblr
Services: For emotional problems, Harassment, Sexual Abuse

VISHWAS, SOCIETY FOR MENTAL HEALTH

ADDRESS: Number 203, “Suraj Plaza”, 2nd Floor, 196/8, 8th ‘F’ Main, KEB Office Road, 3rd Block Jayanagar, Bangalore 560011, Karnataka.

Contact: 08026632126, 41154948
E-Mail: vishwas.bangalore@yahoo.co.in
Services: For those facing Depression

SAHAI HELPLINE

ADDRESS: Medico Pastoral Association, 47 Pottery Road, Fraser Town, Bangalore 560005, Karnataka.

Contact: 080-25497777
E-Mail: sahaihelpline@gmail.com
Website: sahaihelpline.org
Services: Helpline for Suicide Prevention and Emotional Distress

BANJARA ACADEMY

ADDRESS: Banjara Academy, 418, 1st Main road, 1st Block, R.T. Nagar, 84, RV Road, Basavangudi, Bangalore 560032, Karnataka.

Contact: 080-23535787, 23535766
E-Mail: mycounsellor@banjaraacademy.org, alikhwaja@banjaraacademy.org
Services: For Depression, Emotional Support, Drugs, Alcohol and Substance Abuse.
MANASA NEUROPSYCHIATRY HOSPITAL

ADDRESS: Number 125, 10th Main, 1st Block, Jayanagar, Landmark: Near Ashoka Pillar, Bangalore 560011, Karnataka.

Contact: 080-26565135, 26577919, For Emergency- 080-26565135, 26577919, 69914029
E-Mail: info@manasa.in
Services: A mobile crisis service to help those patients and families who are unable to reach a hospital for assessment/treatment, and require assistance.

RVM FOUNDATION

ADDRESS: Total Mall (Formerly Kempfort Terrace), 97 Old Airport Road, Bangalore 560017, Karnataka.

Contact: 080-25228000, +91-9739544444

NEW ARK MISSION OF INDIA HOME OF HOPE

ADDRESS: Doddagubbi Village, KRC Road, Next to KRC, Bangalore 560077, Karnataka.

Contact: 080-65997274, 28445509
E-Mail: raja@newarkmission.org, newarkmissionofindia@yahoo.com
Services: For the physically and mentally challenged elderly

CADABAM’S HOSPITALS

ADDRESS: No.280, 15th Cross, 5th Phase, JP Nagar, Bangalore 560078, Karnataka.

Contact: +91-9741476476
E-Mail: info@cadabamshospitals.com
Services: For Depression
Contact: 1091

Services: For Women in Distress
Online Sources

Online information is easily accessible and is facilitating the process of de-stigmatizing mental health concerns by allowing access to services with some degree of direct privacy. Online sources allow persons seeking help to overcome socio-cultural barriers which may otherwise prevent them from accessing direct sources of assistance for mental health.

There are various mediums through which online services are offered: email, video calls, e-books and chat services which could offer a level of support that is similar to that of a consultation with a qualified practitioner. Although these services are considered to be impersonal and accessible to a privileged few internet-users yet for many it is the first step towards seeking answers to their concerns.

Online services can offer suitable solutions and combat some of the difficulties that are conventionally associated with receiving treatment in the rigid settings of a hospital or a clinic. A few online resources have been listed in this section and apart from these there is a multitude of blogs, e-libraries and support groups available on the internet. However, care should be taken while accessing online resources to ensure that the information is accurate, credible, true and updated.
**HOPE NETWORK**

**Website:** www.hopenetwork.in

**Services:** Online Counselling and Therapy, Relationship Advice, Health and Healing

**Consultation Charges:** Payment plan varies depending on the therapist

**Other Details:** Minimum three sessions recommended for therapy

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**FAMILY COUNSELLING**

**Website:** www.familycounselling.co.in

**Services:** Marriage and Relationships, Stress and Anxiety, Individual Counselling and Life Coaching, Children and Parenting, Adolescence

**Consultation Charges:** Rs. 500

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**BANJARA ACADEMY**

**Website:** www.banjaracademy.org/free-services/free-online-counselling

**Services:** Individual Counselling

**Consultation Charges:** Free

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**PSYCHOTHERAPY CLINIC**

**Website:** www.psychotherapyclinic.co.in/online-counselling

**Services:** E-Mail Therapy, Chat Therapy, Phone Therapy for Marriage Counselling, Anxiety Disorders, Depression, Stress, Mood Disorders, Low self-esteem, Career Counselling

**Consultation Charges:** E-Mail Therapy – Rs. 300 per e-mail and Rs. 4500 per month, Chat Therapy – Rs. 1000 per 40 minutes
Mental illness affects a significant proportion of the population, which is emotionally and mentally disturbed and faces discrimination and/or isolation from their families and society due to universalized and “normative” expectations. People not only have to bear the anguish of suffering but the additional burden of society’s indifference and ignorance.

After India’s experiences with colonialization and with the emergence (more recently) of ‘modernization’ and ‘globalization’, the nature and the fabric of society has re-emerged in a different form and seems to lack a certain sensitivity towards some ‘excluded’ people in our society. Issues faced by the youth, the elderly and those with different sexualities is not framed and immediately recognized as an important concern. In the early stages of life, mental health issues at times go unrecognized in the veil of academics, pressure of performance, job-insecurity, burden of making relationships work and high expectations from the family and peers. The increasing numbers of suicides committed by young people due to depression, stress and inability to meet standards set by ‘others’ indicate us to reflect collectively as a society upon the lived reality.

Women who are victims of domestic violence (physical, mental and sexual) remain under a conspiracy of silence and constant subordination which prevents them from speaking up and raising their voice to seek help to put an end to the on-going violence. The elderly face several concerns due to invisiblization, isolation, de-recognition and violence. They are not recognized as a potential contributors to issues of mental health and illness. Detachment from the family, abandonment by children, loss of companionship, lack of mobility, becoming full time care-takers of grandchildren, living alone, managing routine activities could be a few possible factors which contributes to high levels of anxiety, stress, loneliness, lower energy and depression.

This part of the directory is divided into five sections:

a) Prevention of Suicide
b) Domestic Violence
c) Sexuality Orientation
d) Youth
e) Care for the elderly
Prevention of Suicide

ADDRESS: White Swan Foundation, NIMHANS Campus, DPNR Building, 3rd floor (Opp to State Bank of Mysore) Hosur Road, Lakkasandra, Bangalore 560029, Karnataka.

E-Mail: whiteswanfoundation@gmail.com
Website: www.whiteswanfoundation.org
Services: Suicide Prevention

ADDRESS: Medico Pastoral Association, 47 Pottery Road, Fraser Town, Bangalore 560005, Karnataka.

Contact: 080-25497777
E-Mail: sahaihelpline@gmail.com
Website: sahaihelpline.org
Services: Helpline for Suicide Prevention and Emotional Distress
Domestic Violence

ADDRESS: 33/1-9, Thyagraj Layout, Jaibharath Nagar, Bangalore 560033, Karnataka.

Contact: 080–25492781/25494266/25496934
E-Mail: vimochana79@gmail.com
Website: www.vimochana.net.in
Services: Care to women suffering from domestic violence
Sexuality Orientation


Contact: 080-23416940/23412940, Crisis Intervention Helpline (24X7) – 9945601651/52, 9945601653/54, 9945231493
Website: www.sangama.org
Services: Drop-In-Centers for Sexual Minorities, Clinical Services including HIV testing and psychological support, Crisis Intervention Helplines (Phone Numbers mentioned above)

Contact: +91-8553542284
Services: Visiting counselor at various hospitals and clinics in Bangalore and providing counseling for people from sexuality minority community.

ADDRESS: 5th floor, Jain University, opposite Maharani College, Palace Road, Bangalore 560001, Karnataka.

Contact: +91-9980042532
Contact person: Akkai Padmashali
PAYANA
JOURNEY TOWARDS EQUALITY

ADDRESS: No. 168, 1st Floor, 1st Main Road, Vidaranyanagar, (Near Tolgate Bus stop), Magadi Main Road, Bangalore 560023, Karnataka.
Contact: 080-23150047, +91-9972225061
E-Mail: payana2009@gmail.com
Website: www.payana.co.org

SWABHAVA TRUST

ADDRESS: 4th Floor, M. S. Plaza, 13th “A” Cross, 4th Main, Sampangiramnagar, Bangalore 560027, Karnataka.
Website: www.swabhava.org
Services: Support Services for sexuality minorities
Youth

ADDRESS: No. 7, 2nd Cross, Diagonal Road, Behind City Central Library, Jayanagar 3rd Block, Bangalore 560011, Karnataka.

Contact: 080- 26640244/ 26641114
E-Mail: samvada@gmail.com
Website: www.samvadabaduku.org
Services: Youth Resources Centers for young professionals

ADDRESS: Sarjapur Road, Dodakannely, Carmelaram Post, Bangalore 560035, Karnataka.

Contact: 080-28439505, +91-9449168503
E-Mail: tredamms@gmail.com
Services: De Addiction & Counselling Centre
Care for the Elderly

**NIGHTINALES MEDICAL TRUST**

**ADDRESS:** No. 8P6, 3rd A Cross, East of NGEF Layout, Kasturinagar, Banaswadi, Bangalore 560043, Karnataka.

**Contact:** 080-42426565, Elder’s Helpline-1090

**E-Mail:** nightingalesmt@gmail.com

**Website:** www.nightingaleseldercare.com

**Services:** Centre for Ageing and Alzheimer’s, Life Saving Services, Awareness and Advocacy, Elder’s Helpline (1090)

**LITTLE SISTERS OF THE POOR**

**ADDRESS:** 26, Hosur Road, Richmond Road, Bangalore 560025, Karnataka.

**Contact:** 080-22270273

**E-Mail:** lspbangalorestjoseph@vsnl.net

**Website:** www.littlesistersofthepoor.in

**Services:** Old-Age Home

**NAVA CHAITHANYA**

**ADDRESS:** Near Thimmarayaswami Temple, Horamavu Gandhi Circle, Banaswadi Bangalore 560043, Karnataka.

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About Azim Premji University

Azim Premji University was established by the Azim Premji Foundation in 2010. It was founded with a clear social purpose, as part of a larger strategy to contribute to the Education and Development sectors in the country. Our vision is Education for social change, to contribute to the realization of a just, equitable, humane and sustainable society.

We offer Undergraduate, Postgraduate and Continuing Education programmes that aim to prepare students with great competence, integrity and social commitment. Our research programmes also further the development of knowledge and education in the same fields.

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