



PSYCHOLOGICAL SUPPORT TO HEALTH PERSONNEL HELPLINE NUMBERS

(Mental Health Programme,
Dept of Health Services)

DISTRICT	HELPLINE NUMBERS
Thiruvananthapuram	9946463466
Kollam	9447005161
Pathanamthitta	9048804884
Alappuzha	9400415727
Kottayam	9847220929
Idukki	9188377551
Ernakulam	9446172050
Thrissur	8086007999
Palakkad	8547338442
Malappuram	9745843625
Kozhikode	8281904533
Wayanad	7025713204
Kannur	8593997722
Kasaragod	9946895555

Helpline Numbers will be available from 9am to 4pm.
State Helpline Number DISHA 0471 2552056, 1056 (Toll Free Number)
will be available 24x7



MENTAL HEALTH PROGRAMME

