

Hello Shoolini - A Psychological Helpline

Listening is often needed to help someone. We are here to listen. If you are feeling lonely, confused, insomniac, stressed, fearful, etc. Don't bottle up your problems, it's better to talk them out. For all your mental health needs, you can call us on the following Psychological counselling helpline numbers. All the conversations would be confidential.

Dr Anita Chauhan- 8626978575

Dr Ashoo Khosla (Available on WhatsApp chat and BOTIM)
971555054801

Ms Poonam Nanda-8219443632

Dr Kuldeep Rojhe-9882044749

Dr Manju Jaidka-9814701152

Dr Lalit Sharma-9418175744

Mr Pratip Majumdar-9811999615

Ms Prachi Kapil-7807059026

Ms Karishma Gupta-8742962278