



**DON'T  
GIVE UP!**

**SPEAK UP,**

IF YOU'RE IN  
**DISTRESS OR DESPAIR**  
CALL OUR HELPLINE ON

**1860 266 2345**

LINES ARE OPEN 24 HOURS A DAY, 7 DAYS A WEEK.

OR EMAIL US AT:

**HELP@VANDREVALAFUNDATION.COM**

Calls to the helpline are answered by trained counsellors who can provide help and support. Counsellors are experienced and are backed by psychologists and psychiatrists trained in dealing with mental health issues.



St. Stephen's Hospital



Vandrevala Foundation



EMMANUEL  
HOSPITAL  
ASSOCIATION



Mar Thoma Church