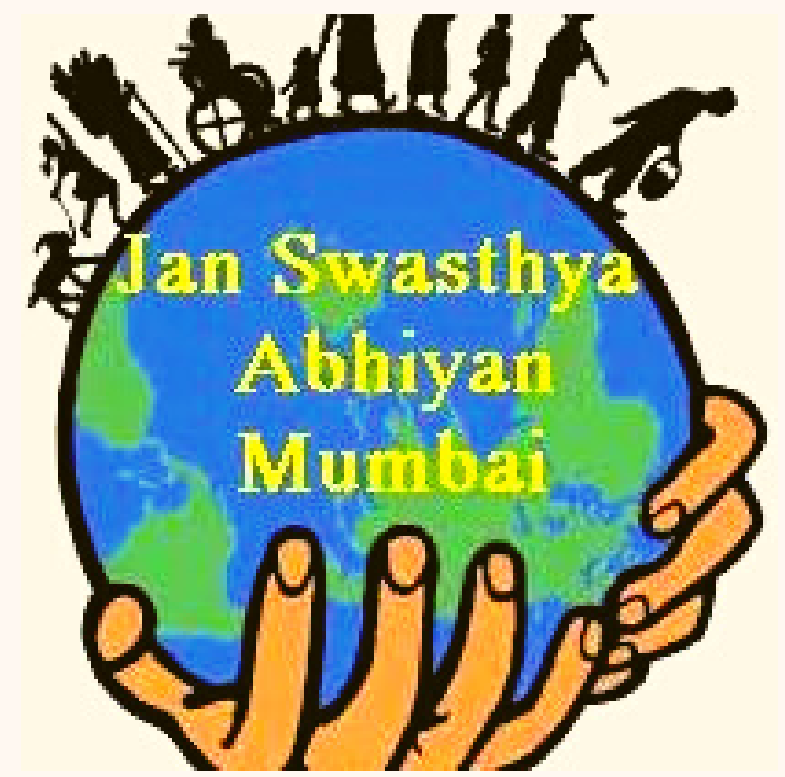




A psychosocial tele-support service



(A volunteer-driven initiative by Jan Swasthya Abhiyan, Mumbai)

ARE YOU...



Unable to
focus? Feeling
low? Anxious?



Looking after
someone who has
COVID?



Finding it hard
to work from
home & work
for home?



Recovering
from COVID?



Feeling
overwhelmed with
the pandemic!

**We understand that your
emotional well-being is as
important as those around
you.**

We are a group of volunteers from Jan Swasthya Abhiyan, Mumbai, who are offering psychosocial support to all those who are trying to deal with the pandemic & its impact. **This service will be available from May - July 2021 to help people as we tide over this crisis.**

How does this work?

The grid below has the contact numbers of our volunteers on the days and time at which they can be reached. Feel free to call them and speak your mind and heart out. We want you to express in a language you are comfortable and so we have listed the languages, alongside the numbers, we are fluent in.

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
10:00 am to 1:00 pm	8770198122 Hindi, English	9960238375 Hindi, English, Marathi, Konkani	9717490796 Hindi, English, Kashmiri	9152402979 English, Bengali	9152402979 English, Bengali	9971019557 Hindi, English	8766849237 Hindi, English
	9152998202 Hindi, English	9867665886 Hindi, English	9321687680 Hindi, English	7005369311 Hindi, English	8828341774 Hindi, English	9706067266 English	9867206920 Hindi, English, Marathi, Tamil, Kannada
	6282364153 Hindi, English	9004098060 Hindi, English, Marathi	9496278675 Hindi, English, Malayalam	9960238375 Hindi, English, Marathi, Konkani	7400479066 Hindi, English, Bengali, Gujarati	8879525875 Hindi, English	9699580007 Hindi, English
1:00 pm to 4:00 pm	9322415163 Hindi, English	7898050919 Hindi, English	9322415163 Hindi, English	7898050919 Hindi, English	9167125150 Hindi, English	9920016060 Hindi, English, Gujarati	9920016060 Hindi, English, Gujarati
	9869126996 Hindi, English, Marathi	7045055899 Hindi, English	9342335106 English, Tamil	7710011513 Hindi, English	9792100339 Hindi, English	9372838505 Hindi, English, Marathi	8939086722 Hindi, English, Malayalam, Tamil
	9167125150 Hindi, English	8692927850 Hindi, English, Marathi, Konkani, Gujarati,	9792100339 Hindi, English	9373554997 Hindi, English, Marathi, Konkani	9373554997 Hindi, English, Marathi, Konkani	9987405102 Hindi, English, Malayalam	9699580007 Hindi, English
4:00 pm to 7:00 pm	9342335106 English, Tamil	9706067266 English	9049631360 Hindi, English, Marathi, Konkani	8975059576 Hindi, English	9930029825 Hindi, English, Bengali	8879525875 Hindi, English	9867206920 Hindi, English, Marathi, Tamil, Kannada
	8779665674 Hindi, English, Marathi	8975059576 Hindi, English	7738236036 Hindi, English, Marathi	9167301373 Hindi, English	7738236036 Hindi, English, Marathi	9869126996 Hindi, English, Marathi	8879525875 Hindi, English
	8850852442 English, Marathi	9702740760 Hindi, English, Gujarati	9167301373 Hindi, English	9702740760 Hindi, English, Gujarati	9004098060 Hindi, English, Marathi	7738236036 Hindi, English, Marathi	7666284013 Hindi, English