

# Stressed? Now go for free counselling 24x7

**Mansi Sheth**

✉ [htmetro@hindustantimes.com](mailto:htmetro@hindustantimes.com)

**MUMBAI:** Those feeling depressed or thinking about ending their life can walk into Hiranandani Hospital, Powai for a free counselling session any time of the day or night.

The Vandrevala Foundation, a charitable organisation, has launched a 24x7 counselling centre for people suffering from stress, depression and other mental health conditions.

In the first phase, the counselling will be provided by experts only at Hiranandani Hospital.

Non-resident Indians Cyrus and Priya Vandrevala, who run the organisation plan to start the service at other centres

across Mumbai in the near future.

The Vandrevala Foundation had started a Mental Health helpline (25706000) in August 2009.

“We receive about 30 to 40 calls every day and even more calls during the exam season,” said psychiatrist Dr Harish Shetty, a consultant with the Foundation.

“We realised that in a lot of cases, simply counselling people over the phone is not enough,” said Arun John, executive vice president, Vandrevala Foundation.

“Based on the kind of demand we received from our patients we decided to launch a personal counseling service,” he added.