

Pune gets 24x7 helpline for mental health

fe Bureau

Pune, Aug 17: After operating a round-the-clock helpline for mental health in Mumbai, the Vandrevala Foundation launched a similar helpline in Pune on Tuesday. "The foundation plans to offer similar services in Chennai and Delhi," Dr Arun John, EVP, Vandrevala Foundation, said.

The foundation operates a round-the-clock centre with a team of clinical psychologists, backed by a team of psychiatrists, to handle calls from for help in dealing with mental-health issues. The call is received by a trained clinical psychologist and depending upon the severity and complexity of the case, the call is forwarded to trained psychiatrists. The centre has linked up with ambulance services, hospitals, police and fire departments.

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were unable to deal with the stress and anxiety of examinations," Dr John said. About 39% of the calls were related to depression caused by relationships, family issues and anxiety about children's careers. "Only a minuscule percentage of the calls were related to situations where the patients were suicidal," Dr John said. The foundation was set up by Cyrus and Priya Vandrevala to provide services in the area of mental health. The body also assists the government in upgrading mental hospitals and has presented a preliminary report to this effect.