

HELPLINES IN BANGALORE

If ever in distress and need counselling, call these centres:

<u>NAME</u>	<u>PHONE/MOBILE/WEBSITE</u>
SAHAI	25497777
Banjara Academy Helping Hand	23330200/ 23535766/ 23535787
Sneha	9342133520/ 9342505975
Parivartan	25298686/ 25273462
Vishwas Counselling Centre	26632126/ 25272705
Viveka Centre for Emotional Support	65330387
Vanita Sahayavani	1091/ 22943225
Vimochana	25492781/82/83
Talk it Over	98869 67344 www.talkitover.in
Dr Vinaya Prabha V Baligar	www.vinayaprabha.com