







## BUILDING A MENTALLY RESILIENT NATION FREE MENTAL HEALTH HELPLINE

## YOU ARE NOT ALONE TALK TO-US AND GET HELP

## 8448-8448-45

In English, Hindi & Telugu from 9 am to 9 pm everyday In Gujarati, Tamil & Kannada from 4 pm to 9 pm everyday

https://www.rocf.org/voice-that-cares

Email: vtc@rocf.org