



ASSOCIATION OF PSYCHIATRIC SOCIAL WORK PROFESSIONALS

(Reg No.: DRB-3/SOR/396/2019-20 Dt: 18.11.2019-20)

ONLINE PSYCHOSOCIAL SUPPORT AND MENTAL HEALTH SERVICES DURING COVID 19 PANDEMIC

Dear All,

In view of COVID 19 Pandemic across the world, there are psychosocial and mental health concerns cropping up everywhere due to the pandemic as well as the advocated preventive measures such as Self Isolation/lockdowns that are unfolding due to the pandemic. In this scenario, members of Association of Psychiatric Social Work Professionals (APSPW) who are experienced mental health professionals have volunteered to provide online psychosocial and mental health support for the needy with respect to the following areas:

- Basic information about the signs and symptoms of COVID 19 including addressing stigma and clarifications on myths and misconceptions
- Safe Hygiene practices
- Psychosocial interventions/ tips during quarantine/ self-isolation/ tips during lockdown
- Information regarding the state level and local resources to help the public which has to be updated periodically by the respective state representatives.

Below are the list of contact details and their time of availability for you to avail the online services. Please make use of their services and get the psychosocial support from them in difficult times to help to ensure your wellbeing.

Yours Sincerely,

Dr. Sobhana H, President

Dr. E. Aravind Raj, General Secretary

LIST OF VOLUNTEERS FROM APSWP

SL NO	NAME	STATE	LANGUAGE	CONTACT NUMBER	PREFERED TIMIING
1	Vikas Kumar	Jharkhand	Hindi	9931435024	11.00am – 02.00pm
2	Abhijeet Singh		Hindi	9835733008	08.30am - 05.30pm
3	Shahid Eqbal	Jharkhand/Bihar	Hindi, English	8294239864	09.00am – 07.00pm
4	Justin Raj PC	Jharkhand/Kerala	Hindi, English, Malayalam	7012122510	10.00am – 05.00pm
5	Swati Kumari	Bihar	Hindi, English, Magahi	7633921634	10.30am – 05.00pm
6	Manisha Kiran	Bihar/Jharkhand	Hindi, English	9431176281	03.00 pm-08.00 pm
7	Raja Upadhyay	UP/Bihar	Hindi, English, Bhojpuri	7739391173	02.00pm – 09.00pm
8	Nirmala Kumari Ahirwar	UP	Hindi, English	7004457527	10.00am – 04.00pm
9	Kiran Panditi	Andhra Pradesh	Telugu	8106369992	11.00am – 09.00pm
10	Gayatri	Telangana	Kannada/Telugu, Hindi, English, Marathi	9739996335	02.00pm – 08.00pm
11	Anita Rego		English, Hindi, Kannada, Konkani	9849882788	10.00am – 05.00pm
12	Indira Rani		Telugu, English	9849672378	11.00am – 03.00pm
13	Kanaka Latha Abbagani		Hindi, English, Telugu, Kannada	9848035962	03.00pm – 05.00pm
14	Patricia N.M. Viego	Karnataka	English, Hindi, Konkani, Kannada, Malayalam, Tamil	8861770385	04.00pm – 10.00pm
15	Rajaram Subbian		Tamil, Kannada, English	9945556337	04.00pm – 07.00pm
16	Ophelia		English, Kannada, Konkani	9844545925	10.00am – 05.00pm
17	Rameela Shekhar		English, Tulu, Kannada	9980463719	10.00am – 01.00pm
18	Soumya Srikumar		Tamil, Kannada, English	8197210011	01.00pm – 04.00pm
19	Prakashi Rajaram		English, Kannada	9845128801	04.00pm – 07.00pm
20	Sudhir Babu		English, Telugu, Kannada	9164302089	09.00am – 12.00pm
21	Sphoorthi G Prabhu		Kannada, English, Hindi, Konkani	9481752435	05.00pm – 08.00pm
22	Bino Thomas		Malayalam, English, Hindi	8040129649	09.00pm – 11.00pm
23	Shalini Sharma		Kannada, Tulu, Hindi, English	9448000507	09.00am – 12.00pm
24	Aravind Raj	Tamil Nadu/Karnataka	Tamil, Kannada, English	9901652974	09.00am – 09.00pm
25	Supraja TA		Tamil, Kannada, English	9742208980	03.00pm – 08.00pm
26	Malathi Swaminathan	Tamil Nadu	Tamil, Hindi, English, Kannada, Marathi	9962058252	01.00pm – 02.00pm
27	Sampaul	Pondicherry	Tamil, English, Hindi	9489229540	04.00pm – 08.00pm
28	Jobin Tom	Kerala	Malayalam, English	9742169395	09.00am – 09.00pm
29	Kurian Jose		Malayalam, English, Hindi, Telugu	8547371926	08.00am – 10.00pm
30	Suresh Lukose		English, Hindi, Malayalam, Kannad, Tamil (basic)	9495221200	03.00pm – 05.00pm
31	Ragesh G		Malayalam, English, Kannada	9964494585	09.00am – 04.00pm
32	Shobhana H	Kerala/Assam	Tamil, Malayalam, Kannada, Hindi, English	9435183606	10.00am – 01.00pm
33	Candice Menezes	Maharashtra	English, Hindi	9820233011	04.00pm – 08.00pm
34	Srilatha Juvva		English, Hindi, Kannada, Telugu, Tamil	9987082510	02.00pm – 06.00pm
35	Chetan S. Diwan		English, Hindi, Marathi	8605620556	03.00pm – 11.30pm
36	Gayatri K.R.		Hindi, Malayalam, English	9819249832	06.00pm – 08.00pm
37	Griselda Nobbay	Goa	Konkani, English, Hindi, Kannada	9923802842	02.00pm – 04.00pm
38	Renjith R Pillai	Chandigarh/Kerala	Hindi, Malyalam, English	7087003435	09.00am – 05.00pm
39	Bhupendra Singh	Haryana	Hindi, English	7988661566	04.00pm – 08.00pm
40	Smitakhi Mahanta	Assam	Assamese, Hindi, English	9101534054	02.00pm – 05.00pm
41	Sabana Nasrin Islam		Assamese, Hindi, English	9401667977	03.00pm – 05.00pm
42	Rituporna Dhar		Assamese, Hindi, English, Bengali	8723934314	02.00pm – 04.00pm
43	Pomi Mahanta		English, Hindi, Assamese	9508773132	02.00pm – 06.00pm
44	Ankita Dutta		English, Hindi, Assamese	9508920119	02.00pm – 06.00pm
45	Mayurakkhi Goswami		Hindi, English, Assamese	8638730687	03.00pm – 06.00pm
46	Bornali Das		Assamese, Hindi, English, Bangla	9435731497	10.00am – 02.00pm
47	Kalpna Sarathy		Tamil, English, Hindi	8811093508	04.00pm – 06.00pm
48	Debashree Bora		Hindi, English, Assamese	9986378982	03.00pm – 06.00pm
49	Lavinia Lyngdoh	Meghalaya	English, Khasi	8837336155	01.00pm – 02.00pm
50	Mary Tariang	Meghalaya/Bangalore	English, Khasi, Pnar	9663182198	07.00pm – 09.00pm
51	Marinella Humtsoe	Assam/Nagaland	English, Hindi, Assamese, Nagamese	9531069685	02.00pm – 05.00pm
52	Techi Mekap	Arunachal Pradesh	English, Hindi, Assamese, Nyshi	7261833764	11.00am – 08.00pm
53	James Ranjith	Karnataka	Tamil, Kannada, English	7411163945	03.00pm – 06.00pm
54	Kimneihat Vaiphei	Karnataka/Manipur	English, Hindi, Manipuri, Vaiphei, Thadou	9845110128	10.00am – 04.00pm
55	Shreedevi	Karnataka	Kannada, Tamil, Telugu, Hindi, English, Tulu, Malayalam (basic)	9731510930	02.00pm – 06.00pm
56	Tara Chacko		English, Tamil	9880030722	06.00pm – 08.00pm
57	Grace Khaute	Manipur	English, Hindi, Manipuri, Vaiphei	9008488471	10.00am – 04.00pm
58	Olive Tesong Monsang		English, Hindi, Manipuri, Monsang	8729938514	10.00am – 04.00pm
59	Jai Shanker Patel	Uttar Pradesh	Hindi, English, Bhojpuri	9801210198	08.00am – 05.00pm
60	Manasi	Odisha	Hindi, Odia	9973865862	06.00pm – 08.00pm
61	Anindita	West Bengal	Bengali, Hindi, English	8481026968	06.00pm – 08.00pm