

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

SL NO I 1 2 3 4 5 6 7 R 8 9 10 1 11 12 13 K 16 17 Rai 18 Sou 20 S 21 S 22 E 23 Sh 24 S 25 S 27 S 28 S 27 S 28 S 27 S 28 S 33 Cal 34 S 35 Ch 36 S 37 G 38 R 39 Bh 40 S 41 S 42 R 43 P 44 S 44 S 45 S	NAME Vikas Kumar Abhijeet Singh Shahid Eqbal Justin Raj PC Swati Kumari Manisha Kiran Raja Upadhyay irmala Kumari Ahirwar Kiran Panditi Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia		NTEERS FROM APSW LANGUAGE Hindi Hindi Hindi, English Hindi, English, Malayalam Hindi, English, Magahi Hindi, English Hindi, English Hindi, English Hindi, English Bhojpuri Hindi, English Telugu Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English Hindi, English Constant Con	CONTACT NUMBER 9931435024 9835733008 8294239864 7012122510 7633921634 9431176281 7739391173 7004457527 8106369992 9739996335 9849882788 9849672378 9848035962	PREFERED TIMIING 11.00am - 02.00pm 08.30am - 05.30pm 09.00am - 07.00pm 10.00am - 05.00pm 03.00 pm - 08.00 pm 02.00pm - 09.00pm 10.00am - 04.00pm 11.00am - 09.00pm 10.00am - 05.00pm
1	Vikas Kumar Abhijeet Singh Shahid Eqbal Justin Raj PC Swati Kumari Manisha Kiran Raja Upadhyay irmala Kumari Ahirwar Kiran Panditi Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia	Jharkhand Jharkhand/Bihar Jharkhand/Kerala Bihar Bihar/Jharkhand UP/Bihar UP Andhra Pradesh	Hindi Hindi Hindi, English Hindi, English, Malayalam Hindi, English, Magahi Hindi, English Hindi, English Hindi, English Hindi, English Telugu Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English	CONTACT NUMBER 9931435024 9835733008 8294239864 7012122510 7633921634 9431176281 7739391173 7004457527 8106369992 9739996335 9849882788 9849672378	11.00am - 02.00pm 08.30am - 05.30pm 09.00am - 07.00pm 10.00am - 05.00pm 10.30am - 05.00pm 03.00 pm - 08.00 pm 02.00pm - 09.00pm 11.00am - 04.00pm 02.00pm - 08.00pm
2 A A A A A A A A A A A A A A A A A A A	Shahid Eqbal Justin Raj PC Swati Kumari Manisha Kiran Raja Upadhyay irmala Kumari Ahirwar Kiran Panditi Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia	Jharkhand/Bihar Jharkhand/Kerala Bihar Bihar/Jharkhand UP/Bihar UP Andhra Pradesh	Hindi Hindi, English Hindi, English, Malayalam Hindi, English, Magahi Hindi, English Hindi, English Bhojpuri Hindi, English Telugu Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Cannada English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Telugu, Tamil	9931435024 9835733008 8294239864 7012122510 7633921634 9431176281 7739391173 7004457527 8106369992 9739996335 9849882788 9849672378	08.30am - 05.30pm 09.00am - 07.00pm 10.00am - 05.00pm 10.30am - 05.00pm 03.00 pm - 08.00 pm 02.00pm - 09.00pm 11.00am - 04.00pm 02.00pm - 08.00pm
3	Shahid Eqbal Justin Raj PC Swati Kumari Manisha Kiran Raja Upadhyay irmala Kumari Ahirwar Kiran Panditi Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia	Jharkhand/Bihar Jharkhand/Kerala Bihar Bihar/Jharkhand UP/Bihar UP Andhra Pradesh	Hindi, English Hindi, English, Malayalam Hindi, English, Magahi Hindi, English Hindi, English Hindi, English Telugu Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Telugu, English	8294239864 7012122510 7633921634 9431176281 7739391173 7004457527 8106369992 9739996335 9849882788 9849672378	09.00am - 07.00pr 10.00am - 05.00pr 10.30am - 05.00pr 03.00 pm-08.00 pr 02.00pm - 09.00pr 10.00am - 04.00pr 02.00pm - 08.00pr
5 S S S S S S S S S S S S S S S S S S S	Swati Kumari Manisha Kiran Raja Upadhyay irmala Kumari Ahirwar Kiran Panditi Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego	Bihar Bihar/Jharkhand UP/Bihar UP Andhra Pradesh	Malayalam Hindi, English, Magahi Hindi, English Hindi, English, Bhojpuri Hindi, English Telugu Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Telugu, English Hindi, English, Telugu, Kannada	7633921634 9431176281 7739391173 7004457527 8106369992 9739996335 9849882788 9849672378	10.30am - 05.00pr 03.00 pm-08.00 pr 02.00pm - 09.00pr 10.00am - 04.00pr 11.00am - 09.00pr 02.00pm - 08.00pr
6	Manisha Kiran Raja Upadhyay irmala Kumari Ahirwar Kiran Panditi Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia	Bihar/Jharkhand UP/Bihar UP Andhra Pradesh	Hindi, English, Magahi Hindi, English Hindi, English, Bhojpuri Hindi, English Telugu Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Telugu, English Hindi, English, Telugu, Kannada	9431176281 7739391173 7004457527 8106369992 9739996335 9849882788 9849672378	03.00 pm-08.00 pr 02.00 pm - 09.00 pr 10.00 am - 04.00 pr 11.00 am - 09.00 pr 02.00 pm - 08.00 pr
7 Ri 8 Ni 9 K 10 K 11 K 12 K 13 K 14 F 15 Rai 16 Rai 17 Rai 18 Sou 20 S 21 S 22 E 23 Sh 24 S 24 S 33 Cai 34 S 35 Ch 36 G 37 Gr 38 Ra 39 Bh 40 A 41 A 42 Ri 43 P 44 A 45 A	Raja Upadhyay irmala Kumari Ahirwar Kiran Panditi Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia	UP/Bihar UP Andhra Pradesh	Hindi, English Hindi, English, Bhojpuri Hindi, English Telugu Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Telugu, Kannada English, Hindi, Konkani, Kannada, Malayalam, Tamil	7739391173 7004457527 8106369992 9739996335 9849882788 9849672378	02.00pm - 09.00pr 10.00am - 04.00pr 11.00am - 09.00pr 02.00pm - 08.00pr 10.00am - 05.00pr
8	irmala Kumari Ahirwar Kiran Panditi Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego	UP Andhra Pradesh	Bhojpuri Hindi, English Telugu Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Telugu, Kannada English, Hindi, Konkani, Kannada, Malayalam, Tamil	7004457527 8106369992 9739996335 9849882788 9849672378	10.00am – 04.00pr 11.00am – 09.00pr 02.00pm – 08.00pr 10.00am – 05.00pr
8 9 K 10 11 12 13 K 11 15 Raj 16 16 17 Raj 18 Sou 19 Pra 20 21 22 E 23 Sh 24 25 S 24 25 S 27 28 29 S 31 Saj 34 S 35 Ch 36 Gr 38 Raj 39 Bh 40 A 41 Si 42 Ri 43 Pc 44 A 45 S	Ahirwar Kiran Panditi Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia	Andhra Pradesh	Telugu Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Telugu, Kannada English, Hindi, Konkani, Kannada, Malayalam, Tamil	8106369992 9739996335 9849882788 9849672378	11.00am – 09.00pr 02.00pm – 08.00pr 10.00am – 05.00pr
10	Gayatri Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia		Kannada/Telugu, Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Telugu, Kannada English, Hindi, Konkani, Kannada, Malayalam, Tamil	9739996335 9849882788 9849672378	02.00pm – 08.00pr 10.00am – 05.00pr
11	Anita Rego Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia	Telangana	Hindi, English, Marathi English, Hindi, Kannada, Konkani Telugu, English Hindi, English, Telugu, Kannada English, Hindi, Konkani, Kannada, Malayalam, Tamil	9849882788 9849672378	10.00am – 05.00pr
12	Indira Rani Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia	Telangana	Kannada, Konkani Telugu, English Hindi, English, Telugu, Kannada English, Hindi, Konkani, Kannada, Malayalam, Tamil	9849672378	·
13	Kanaka Latha Abbagani Patricia N.M. Viego ajaram Subbian Ophelia		Hindi, English, Telugu, Kannada English, Hindi, Konkani, Kannada, Malayalam, Tamil		11.00am – 03.00pr
13	Abbagani Patricia N.M. Viego ajaram Subbian Ophelia		Telugu, Kannada English, Hindi, Konkani, Kannada, Malayalam, Tamil	9848035962	•
14	Viego ajaram Subbian Ophelia		Konkani, Kannada, Malayalam, Tamil		03.00pm – 05.00pr
16	Ophelia		Tamil Vanne	8861770385	04.00pm – 10.00pr
17 Rail 18 Soul 19 Prail 20 S 21 S 22 E 23 Sh 24 S 24 S 25 S 26 S 27 S 28 S 29 S 31 S 31 S 31 S 32 S 33 Cai 34 S 35 Ch 36 G 37 Gr 38 Re 39 Bh 40 S 41 S 42 Ri 43 Pe 44 A 45 S	·		Tamil, Kannada, English	9945556337	04.00pm – 07.00pr
18 South 19 Pra 20 S 21 S 21 S 22 E 23 Sh 24 S 25 S 27 S 28 S 29 S 30 Sh 31 S 31 S 31 S 32 S 33 Can 34 S 35 Ch 36 G 37 Gr 38 R 39 Bh 40 S 41 S 42 Ri 43 Pc 44 A 45 S	ameela Shekhar		English, Kannada, Konkani	9844545925	10.00am – 05.00pr
19 Pra 20 S 21 S 21 S 22 E 23 Sh 24 S 25 S 26 S 27 S 28 S 29 S 31	•		English, Tulu, Kannada	9980463719	10.00am – 01.00 pr
20	umya Srikumar	Karnataka	Tamil, Kannada, English	8197210011	01.00pm – 04.00pr
21	akashi Rajaram Sudhir Babu		English, Kannada English, Telugu,	9845128801 9164302089	04.00pm - 07.00pm 09.00am - 12.00pm
22	Sphoorthi G		Kannada Kannada, English,	9481752435	05.00pm - 08.00pi
23 Sh 24	Prabhu Bino Thomas		Hindi, Konkani Malayalam, English,	8040129649	09.00pm - 11.00pi
24	halini Sharma		Hindi Kannada, Tulu, Hindi,	9448000507	09.00am – 12.00pr
25 S 26 S 27 28 7 28 7 29 7 30 S 31 7 32 S 33 Cal 34 S 35 Ch 36 G 37 Gr 38 R 39 Bh 40 S 41 S 42 Ri 43 P 44 A 45 S	Aravind Raj	Tamil	English Tamil, Kannada,	9901652974	09.00am – 09.00pr
26 S 27 28 29 30 Si 31 32 S 33 Cai 34 S 35 Ch 36 G 37 Gr 38 R 39 Bhi 40 41 Si 42 Ri 43 Pc 44 A	Supraja TA	Nadu/Karnataka	English Tamil, Kannada,	9742208980	03.00pm - 08.00pm
27 28 29 30 Si 31 32 Si 33 Cai 34 S 35 Ch 36 Gr 37 Gr 38 Ri 39 Bhi 40 41 Si 42 Ri 43 Pi 44 A	Malathi Swaminathan	Tamil Nadu	English Tamil, Hindi, English, Kannada, Marathi	9962058252	01.00pm - 02.00pr
29 30 Si 31 32 Si 33 Cai 34 S 35 Ch 36 Gi 37 Gr 38 Ri 39 Bhi 40 Si 41 Si 42 Ri 43 Pi 44 A	Sampaul	Pondicherry	Tamil, English, Hindi	9489229540	04.00pm – 08.00pr
30 Si 31	Jobin Tom Kurian Jose		Malayalam, English Malayalam, English,	9742169395 8547371926	09.00am – 09.00pr 08.00am – 10.00pr
31 32 33 Cal 34 S 35 Ch 36 Gr 38 Re 39 Bhe 40 41 Si 42 Ri 43 Pe 44 45		Kerala	Hindi, Telugu English, Hindi,		<u> </u>
32 S 33 Cal 34 S 35 Ch 36 G 37 Gr 38 R 39 Bh 40 S 41 S 42 Ri 43 Pe 44 A 45	Suresh Lukose		Malayalam, Kannad, Tamil (basic) Malayalam, English,	9495221200	03.00pm – 05.00pr
33 Cai 34 S 35 Ch 36 Gr 38 Re 39 Bhr 40 Si 41 Si 42 Ri 43 Pe 44 A 45	Ragesh G		Kannada	9964494585	09.00am – 04.00pr
34 S 35 Ch 36 Gr 37 Gr 38 Re 39 Bh 40 Si 41 Si 42 Ri 43 Pe 44 A 45	Shobhana H	Kerala/Assam	Tamil, Malayalam, Kannada, Hindi, English	9435183606	10.00am – 01.00pr
35 Ch 36 Gr 37 Gr 38 Re 39 Bhe 40 Si 41 Si 42 Ri 43 Pe 44 A	andice Menezes		English, Hindi English, Hindi,	9820233011	04.00pm - 08.00pr
36 Gr 37 Gr 38 Re 39 Bhe 40 Si 41 Si 42 Ri 43 Pe 44 A	Srilatha Juvva		Kannada, Telugu, Tamil	9987082510	02.00pm - 06.00pm
37 Gr 38 Re 39 Bhe 40 41 Si 42 Ri 43 Pe 44 A	netan S. Diwan	Maharashtra	English, Hindi, Marathi	8605620556	03.00pm – 11.30pr
38 Re 39 Bhi 40 Si 41 Si 43 Pe 44 A4 A5	Gayatri K.R.		Hindi, Malayalam, English	9819249832	06.00pm – 08.00pr
39 Bhr 40 Si 41 Si 42 Ri 43 Pc 44 A	riselda Nobbay	Goa	Konkani, English, Hindi, Kannada	9923802842	02.00pm – 04.00pr
40 41 53 42 Ri 43 Pe 44 45	Renjith R Pillai	Chandigarh/Kerala	Hindi, Malyalam, English	7087003435	09.00am – 05.00pr
41 Sa 42 Ri 43 Po 44 A 45	nupendra Singh Smitakhi	Haryana	Hindi, English Assamese, Hindi,	7988661566	04.00pm - 08.00pr
41 42 Ri 43 Po 44 A	Mahanta Sabana Nasrin		English Assamese, Hindi,	9101534054	02.00pm – 05.00pr
43 Pe	Islam	Assam	English Assamese, Hindi,	9401667977	03.00pm – 05.00pr
44 A	ituporna Dhar		English, Bengali English, Hindi,	8723934314	02.00pm – 04.00pr
45	omi Mahanta		Assamese English, Hindi,	9508773132	02.00pm – 06.00pr
45	Ankita D…++-		Assamese Hindi, English,	9508920119	02.00pm – 06.00pr
	Ankita Dutta Mayurakkhi		Assamese Assamese, Hindi,	8638730687	03.00pm – 06.00pr
	Mayurakkhi Goswami		English, Bangla Tamil, English, Hindi	9435731497 8811093508	10.00am – 02.00pr 04.00pm – 06.00pr
	Mayurakkhi Goswami Bornali Das		Hindi, English, Assamese	9986378982	03.00pm - 06.00pr
	Mayurakkhi Goswami	Meghalaya	English, Khasi	8837336155	01.00pm - 02.00pm
50 N	Mayurakkhi Goswami Bornali Das alpana Sarathy	Meghalaya/Bangalore	English, Khasi, Pnar English, Hindi,	9663182198	07.00pm – 09.00pr
51	Mayurakkhi Goswami Bornali Das alpana Sarathy ebashree Bora avinia Lyngdoh Mary Tariang	Assam/Nagaland	Assamese, Nagamese English, Hindi,	9531069685	02.00pm - 05.00pr
	Mayurakkhi Goswami Bornali Das alpana Sarathy ebashree Bora avinia Lyngdoh Mary Tariang Marinella Humtsoe	A	Assamese, Nyshi Tamil, Kannada,	7261833764	11.00am – 08.00pr
53 Ja	Mayurakkhi Goswami Bornali Das alpana Sarathy ebashree Bora avinia Lyngdoh Mary Tariang	Arunachal Pradesh Karnataka	English	7411163945	03.00pm – 06.00pr

Vaiphei

Shreedevi

Tara Chacko

Grace Khaute

Olive Tesong

Monsang

Jai Shanker Patel

Manasi

Anindita

Karnataka

Manipur

Uttar Pradesh

Odisha

West Bengal

9731510930

9880030722

9008488471

8729938514

9801210198

9973865862

8481026968

Thadou Kannada, Tamil, Telugu, Hindi,

English, Tulu, Malayalam (basic)

English, Tamil

English, Hindi,

Manipuri, Vaiphei

English, Hindi,

Manipuri, Monsang Hindi, English,

Bhojpuri

Hindi, Odia

Bengali, Hindi,

English

02.00pm - 06.00pm

06.00pm - 08.00pm

10.00am - 04.00pm

10.00am - 04.00pm

08.00am - 05.00pm

06.00pm - 08.00pm

06.00 pm - 08.00 pm

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