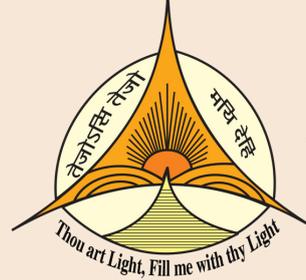




muktaa
Charitable Foundation
Beyond Barriers



**Jesus and Mary
College**
New Delhi

**Do you feel like no one understands
you? like you are being ignored?
like no one values you?**

Call our free mental health helpline for support

-  Call and talk to a trained counsellor over the phone
-  Get free and immediate emotional support
without revealing who you are
-  Explore steps, resources or coping strategies



Muktaa Mental Health Helpline

0788-788-9882

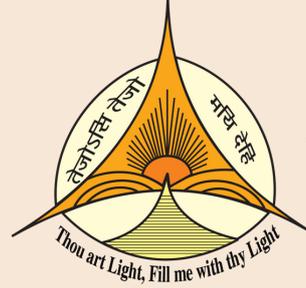
12 - 8 PM (Monday to Saturday)

Free Mental Health Support Helpline





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FREE MENTAL HEALTH SUPPORT

You don't have to deal with everything alone

- ☀️ Uncontrollable Anger
- ☀️ LGBTQIA+
- ☀️ Sexual Concerns
- ☀️ Family & Relatives
- ☀️ Peers & Friendships
- ☀️ Academics & Career
- ☀️ Sadness & Depression
- ☀️ Gender & Sexuality
- ☀️ Anxiety & Stress
- ☀️ Substance Use



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