











COVID RESOURCE GUIDE

APRIL - JUNE, 2021

COUNSELLORS

1	2	3	4	5	6	7	8	9	10
MEDICAL OXYGEN	FOOD SUPPLY	TRANSPORT FACILITIES	TESTING CENTRES	PET SUPPORT	COUNSELLORS	COVID CARE CENTRES	USEFUL LINKS	HELPLINES	HOSPITAL BEDS
									



SHARE. AMPLIFY. HELP



COUNSELLORS



SHARE. AMPLIFY. HELP.

counselling for
children

mental health
anxiety

These unprecedented and daunting times took a serious toll on our mental health. It was important to talk to someone qualified and trained to help, especially during self-isolation. Chennai Volunteers created a list of skilled and experienced counsellors who were and still are available and willing to provide online consultation to patients and families affected by COVID-19. It also includes counsellors who provide free-of-charge tele-counselling. This list has been verified by a mental health counsellor.

free consultation

psychologist

stress

No	Name	Phone Number	Session Charges & Timings	Additional Information
1	Anna Jogie	+91 94829 83158	Consultancy charges: Rs. 300/- per session 4:00 p.m. - 6:00 p.m. English, Tamil & Malayalam	-MSc Counselling Psychology -Speciality: child and adolescent counselling
2	Beena Prithiveeraj	+91 98407 82877	Free consultation for COVID patients & family. Monday to Friday 3:00 p.m - 4:00 p.m. English, Tamil, Hindi & Malayalam	-Diploma in Counselling -Special educator
3	Deesha	+91 94875 30268	Free consultation Monday to Saturday 5:30 p.m. - 9:00 p.m. English, Tamil & Hindi	-MA Counseling Psychology -Speciality: career counselling, relationship issues, grief management & crisis management Provides tele-counselling via Google Meet
4	Divya Ganesan	+91 73585 75621	Consultancy charges: Rs. 500/- per session Monday to Friday 1:00 p.m. - 3:00 p.m. English, Tamil & Hindi	-MA Counselling Psychology
5	Ekya Counselling (Harshika)	+91 96001 15369	Consultancy charges: Rs. 250/- to Rs. 400/- per session Wednesday, 11:00 a.m - 1:00 p.m. Saturday, 11:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m. Sunday, 12:00 p.m. - 1:00 p.m. English, Tamil & Hindi	-MSc Counselling Psychology
6	Kaviya C	+91 98405 53487	Basis patient's financial standing Monday to Friday 2:00 p.m - 5:00 p.m. English, Tamil, Telugu & Kannada	-MSc Psychology -Diploma in Counselling -CBT practitioner -Certified career guidance -Specialises in counselling for children Provides tele-counselling
7	Krithiga Viswanathan	+91 98407 24443	Free consultation for COVID patients & family 9:00 a.m. - 12:00 p.m. 4:00 p.m. - 8:00 p.m. English & Tamil	-MSc Psychology -PG Diploma in Clinical Psychology -Certificate in Counselling and Guidance Counselling for all age groups (including children)
8	Manju Mudit	+91 98407 58615	Consultancy charges: Rs. 500/- per session Monday to Friday 11:00 a.m. - 1:00 p.m. 4:00 p.m. - 7:00 p.m. English & Hindi	-MSc Applied Psychology & Psychological Services -Bachelor in Psychology -MSc Neuro-linguistic Programming -Mental health therapist -Positive life psychologist for teens, children & adults
9	Mohana Priya	+91 78716 36478	Free consultation for COVID patients & family 3:00 p.m. - 7:00 p.m. English & Tamil	-MSW Masters in Medical and Psychiatry & Counselling courses -Worked with orphaned children & children with special needs -Started tele-counselling for COVID patients and their families
10	Prasath	+91 73734 57442	Free for COVID patients Monday to Saturday 10:00 a.m. - 6:00 p.m. Tamil & Kannada	-Counselling psychologist -Consults at TNSMHA

11	Raja-meenaakshi	+91 97898 16107	Any token fee. Provides tele-counselling. Monday to Sunday English & Tamil	-PhD Psychology
12	Revaleena	+91 82482 33976	Consultancy charges: Rs. 300/- to Rs. 500/- per session English, Tamil & Malayalam	-MSc Counselling Psychology -Speciality: person centred approach, affordable therapy -Founder of NGO, Menadora Foundation
13	Saranya Beulah	+91 98406 84286	Basis patient's financial standing Monday to Sunday 4:00 p.m. - 8:00 p.m. English & Tamil	-MSc Psychology -Counselling psychologist -Provides tele-consultation & clinic visit for psychological queries
15	Sumunum Connect	1800-123-786-868 (Toll free number)	Free 11:00 a.m. - 11:00 p.m. Multilingual	-Counselling Helpline: Safe space to talk about mental health, stress, anxiety & other mental health problems
15	Kousalya Karthikeyan	+91 98436 94940	Free consultation for COVID patients & family 11:00 a.m. - 3:00 p.m. English, Tamil, Hindi & Kannada	-MSc Applied Psychology -NLP (Neuro-linguistic Programming) Master Practitioner -Gestalt practitioner -Certified in Psychodrama -Advanced TA trainer -Calls via Skype / WhatsApp video, telephone calls incase of emergency
16	Priyadarshini Siva	+91 95007 04781	Free consultation for COVID patients & family Monday to Saturday 11:00 a.m. - 6:00 p.m. English & Tamil	-MSc Applied Psychology -Diploma in Community Health -Certificate in Counselling, Cognitive Behavioural Therapy, TA -Provides tele-counselling
17	Revathi	+91 97510 66234	Free consultation for COVID patients & family 24/7 English, Tamil & understands Malayalam	-Counselling psychologist -Specilased in counselling REBT, NLP art and story therapy -Tele-counselling available
18	Nancy Rajkumar	+91 99942 27418	Free 24/7	-Coordinator for Anugraha Free Counselling Services, will allot qualified counsellor to the caller



When I briefly volunteered in GCC's tele-counselling helpline, my go to resource guide for any assistance a family needed was the one painstakingly compiled, verified and more importantly periodically updated and most importantly, periodically verified by Team CV. And not just covering Chennai but across Tamil Nadu!

Beena Prithviraj

Counsellor & Educator - Freelance



VOLUNTEERS

Sharada Rajaram (Team Lead)

Shloka Mehta (Team Lead)

Maya Eashwar

Kavitha

Shilpa Narayan

Prabhakar



Rinku Mecheri - Founder, Chennai Volunteers
Ranjini Ramachandran - Senior Client Partner, TATE LC

TEAM LEADS

Smriti Suresh

Incoming Master's Applied Biotechnology Student, McGill University

Uttara Jayashankar

Incoming Biological Sciences PhD Student at Purdue University

Savitha Sailesh

Ecom Vendor

Sharada Rajaram

Special Educator with 20 years experience working with individuals with Autism. Co -Director of The Canbridge Academy ,a space for young adults wit autism , and Co ordinator of Weawin project -
We CAN (Resource centre for Autism)

Shloka Mehta

Class 10 student

Deepti Narayanan

Entrepreneur running a Women's Fashion Brand 'Athreya Blouses' (Athreya Retail Pvt Ltd)

Sony Das

HR professional with 20+ years of experience, currently on sabbatical

Heena Dowlani

CRI (Compulsory Rotatory Internship), Bachelor of Dental Surgery

Shobha Rengarajan

Homemaker

Subashree

Incoming Master's in Public Health Student at Birmingham City University

Dr. Sharon Krishna Rau

Surgical Gastroenterologist



CREATIVE TEAM

Ishita Parekh

Senior Social Media Specialist, Social Beat

Malvika Mehra

Graphic Designer, Founder- Art Works

Sindhuja TJ

Architect & Urban Designer

Kavya Sreekumar

Social Media Manager

Malavika Ramachandran

Senior Graphic Designer, RRD GO Creative

Ranjini Ramachandran

Senior Client Partner, TATE LC

COLLATION

Rinku Mecheri

Founder, Chennai Volunteers

Ranjini Ramachandran

Senior Client Partner, TATE LC

Antara Sudhir

First year undergraduate student at SIM University, Singapore

Smriti Suresh

Incoming Master's Applied Biotechnology Student, McGill University

Malavika Mehra

Graphic Designer, Founder- Art Works