# How to find psychiatrist in India

Finding a psychiatrist in India can be a straightforward process by following a few key steps. Here's how you can go about it:

 The best method is to visit

 District hospital for district mental health programme

Or contact psychiatry department of nearest medical college

Or from the membership list of Indian Psychiatric society or Indian association of private psychiatry

**1. Online Directories and Platforms:**

Many platforms in India list verified psychiatrists based on location, specialization, and user reviews. Some popular ones include:

* **Practo**: Practo allows you to search for psychiatrists based on city, specialty, and patient ratings. It also provides details about consultations (in-person or online) and booking appointments directly.
	+ Visit: [Practo](https://www.practo.com/)
* **Lybrate**: Another popular platform where you can find psychiatrists by location and consult them online or in-person.
	+ Visit: [Lybrate](https://www.lybrate.com/)
* **Justdial**: A well-known local business directory in India that also lists healthcare professionals, including psychiatrists. It provides phone numbers, locations, and user reviews.
	+ Visit: [Justdial](https://www.justdial.com/)

**2. Referrals from General Practitioners (GPs):**

Often, your general practitioner (GP) or family doctor can refer you to a psychiatrist. GPs are familiar with local mental health professionals and can guide you based on your symptoms or requirements.

**3. Hospitals and Clinics:**

Many hospitals in India have psychiatry departments, and psychiatrists are available for consultations. Some well-known hospitals include:

* **All India Institute of Medical Sciences (AIIMS), Delhi**: AIIMS has a reputed Department of Psychiatry, offering consultations and mental health services.
* **NIMHANS, Bengaluru**: The National Institute of Mental Health and Neurosciences is a premier institute for mental health services in India, providing psychiatric services.
* **Tata Memorial Hospital, Mumbai**: Specializing in cancer care, this hospital also offers psychological support and psychiatric services for cancer patients and the general public.
* **Fortis Healthcare**: Numerous Fortis hospitals across India offer mental health services, including consultations with qualified psychiatrists.

**4. Mental Health Organizations:**

Some organizations focus on mental health advocacy and support, and they often provide recommendations for trusted psychiatrists:

* **The Indian Psychiatric Society (IPS)**: The IPS is a nationwide organization that lists certified psychiatrists in various regions of India.
	+ Visit: [IPS](https://www.indianpsychiatricsociety.org/)
* **Mental Health Foundation**: They can provide resources and referrals for psychiatric help.
	+ Visit: [Mental Health Foundation](https://www.mentalhealthfoundation.in/)

**5. Word of Mouth and Social Media:**

Referrals from friends, family, or support groups can be invaluable. Social media platforms like Facebook or Instagram may also have pages dedicated to mental health support and can provide recommendations for good psychiatrists.

**6. Telemedicine and Online Consultations:**

Online psychiatric consultations have gained significant popularity. Some platforms offering virtual psychiatric consultations include:

* **DocOnline**: This telemedicine service allows you to consult with psychiatrists online.
	+ Visit: [DocOnline](https://www.doconline.com/)
* **Psychiatrist Online**: An app-based solution providing online psychiatric help.
	+ Visit: [Psychiatrist Online](https://www.psychologistonline.in/)

**7. Specialized Clinics:**

Several clinics specialize in mental health services and psychiatric treatment. These include clinics focused on anxiety, depression, stress, and family counseling, among others. Searching for mental health clinics in your area or asking for recommendations can lead you to psychiatrists with the right expertise.

By leveraging these resources, you can find a psychiatrist in India suited to your needs, whether for specific mental health conditions or general psychological well-being.

**Tele-MANAS** is a mental health initiative by the Government of India, launched to provide tele-counseling services for mental health support. It is particularly helpful for individuals in need of psychological assistance but who are unable to access in-person services due to geographic, financial, or other barriers.

**How Tele-MANAS Helps:**

1. **24/7 Mental Health Support:** Tele-MANAS offers round-the-clock access to mental health professionals, including counselors and psychiatrists, through a helpline number (14416). This service provides immediate support for individuals experiencing emotional distress or mental health challenges.
2. **Confidential Tele-Counseling:** The helpline offers confidential counseling for a range of issues, including stress, anxiety, depression, relationship problems, trauma, and more. The counselors are trained professionals who help individuals manage their emotions, cope with stress, and understand their mental health conditions better.
3. **Referral and Guidance:** If a caller requires more specialized care, the tele-counseling service helps them by referring them to appropriate in-person services such as local mental health professionals, hospitals, or clinics. This ensures that users are not only provided with immediate emotional support but also directed toward long-term care solutions.
4. **Awareness and Education:** Tele-MANAS also aims to raise awareness about mental health issues, reduce stigma, and promote help-seeking behavior. By offering a direct and confidential way to seek help, it encourages individuals to speak out about mental health challenges and get the support they need.
5. **Culturally Sensitive Approach:** The service ensures that counseling is accessible to diverse populations across India, with counselors being sensitive to the cultural and regional differences of callers. This can be particularly helpful in rural areas or regions where mental health stigma may prevent people from seeking in-person therapy.

**When to Contact Tele-MANAS:**

You should contact Tele-MANAS when you or someone you know is experiencing mental health issues that may require support or intervention. Here are some specific situations when contacting Tele-MANAS would be helpful:

1. **Emotional Distress:** If you're feeling overwhelmed by stress, anxiety, sadness, or confusion, Tele-MANAS can provide immediate emotional support and guide you through coping strategies.
2. **Crisis Situations:** If you or someone you know is experiencing a mental health crisis (such as thoughts of self-harm, suicide, or severe anxiety), Tele-MANAS provides immediate intervention and can help direct the person to emergency services if needed.
3. **Ongoing Mental Health Issues:** For individuals struggling with persistent conditions such as depression, anxiety, or PTSD, Tele-MANAS offers a convenient way to connect with a counselor or psychiatrist for support and guidance.
4. **Uncertainty About Mental Health:** If you're unsure about whether your symptoms require professional help, reaching out to Tele-MANAS can provide an initial assessment and offer guidance on what steps to take next.
5. **Support for Family Members or Caregivers:** If you're supporting someone with mental health issues, Tele-MANAS can offer advice on how to cope with caregiving responsibilities, manage stress, and take care of your own mental health.

By providing accessible, confidential, and expert counseling, Tele-MANAS plays a crucial role in ensuring that mental health support is available to all, especially in underserved or remote areas.