

@PINKLISTINDIA

QUEER
RELIEF

COVID-19 QUEER RELIEF: QUEER-INCLUSIVE MENTAL HEALTH

These are tough, unprecedented times. A never-before-seen virus has thrown the world into a lockdown. Uncertainty, financial insecurity and social isolation are combining to create a surge of mental health problems. LGBTQ+ communities face a unique challenge and often lack access to accepting mental health spaces.

Pink List India has collated a list of queer-inclusive mental health practitioners to offer support during this time.

A note on the methods used:

*QACP: Queer Affirmative Counselling Practice certificate from the Mariwala Health Institute.

Pink List India reached out to QACP certified Mental Health Practitioners who were trained in queer-affirmative and inclusive practices. We reached out to personal recommendations of inclusive counsellors and therapists recommended by friends in the LGBTQ+ community. From there, the list grew on referrals from the mental health experts. We spoke to every person on the list and asked them how they practiced inclusion. The quotes are verbatim their responses, especially recorded if they had no formal QACP certification.

ThePinkList
INDIA

Ila Kulshrestha

Delhi NCR, Gurgaon

QACP certified from Mariwala Health Initiative (MHI)

Services: Psychotherapy, psychological assessment, liaison with other medical practitioners including psychiatrists, arts-based therapy, in patient psychiatric treatment.

Offers subsidised treatment.

Contact: +919599961376, +918448170041

Email: ila.kulshrestha@gmail.com, ila.kulshrestha@sukoonhealth.com

Rajinder Singh

Delhi, Mayur Vihar extension

Not certified, but has two decades of experience with LGBTQIA clients.

Services: Psychodynamic Psychotherapy

Contact: +919717268744

Email: rajinderpsy@gmail.com

Hena Faqurudheen

Delhi, online

Services: Psychotherapy (individual and group); offer short-term pro-bono services pro-bono (for 4-6 weekly sessions). Sliding scale rates are available for long-term work

“As a trauma-focused psychotherapist, the principles of my work focus on being anti-oppressive, non-judgemental, mindful of the privileges.

I hold in my position as a therapist, and utilise those to be an ally.”

Email: hena@hanknunninstitute.org, Hena.Faqurudheen@gmail.com

Rishi Talwar, Keshav Suri Foundation

Delhi

Services: Free mental health counselling services offered online via video call.

"I have received training in Gay Affirmative Counselling Practice as part of my training at iCALL although i did not receive certification in the same. I have worked with LGBTQIA+ clients in the past and am also doing so at present."

Email: www.keshavsuri.foundation, rt@keshavsuri.foundation

Lalita Kaushik

Delhi

Not certified but is a counsellor at DU, and has worked with people of different sexualities there

Services: Psychodynamic Psychotherapist, has private practice as well; pro-bono offered.

Contact: +919891720515

Email: lalitakaushik312@gmail.com

Vikas Deepak

Delhi, Gurgaon

Not certified, but “a significant proportion of clients belong to the community.”

Services: Short term and long term psychodynamic psychotherapy, pro-bono offered for some clients.

Contact: +919891129975

Email: vikasdeepak@gmail.com

Urvashi Agarwal and others from The Psychotherapist Collective

Delhi

Not certified; states that the group is queer-affirmative and worked with clients from the community.

Email: psychotherapist.collective@gmail.com

Asmita Sharma

Delhi, Lajpat Nagar

“Not certified, but have worked with about 6-10 people (long term psychotherapeutic work ranging from 6-12 months or more) from the LGBTQIA community per year for the last 5 years.”

Services: Psychoanalytic Psychotherapy; low fee and pro-bono for some

Contact: +919818487767

Email: asmita.sharma0689@yahoo.com

Dr Kamna Chibber

Delhi, online

Open to LGBTQ+ clients. Clinical Psychologist, Fortis Hospital

Services: Psychotherapy

Contact: +91 98180 38028

QUEER RELIEF

DELHI

Durgesh Ojha

Delhi NCR, online

Psychoanalytic Psychotherapy, QACP certified

Services: psychotherapy- long term, short term, crisis; pro-bono offered

Contact: 07678613412, **Email:** taabeer.psychotherapy@gmail.com

Dr Shalini Masih

New Delhi, Saket

Not certified, but have worked with many people who identified as queer over a span of 13 years

Services: Psychotherapy with Psychoanalytic Orientation

Contact: +919971437817, **Email:** drshalinimasih@gmail.com

Children First

New Delhi, Safdarjung Enclave and Gurgaon, DLF Phase-1

Services: Clinical and Counseling Services, developmental services and cognitive and occupational therapy assessment for children, adolescents and young adults up to the age of 25 years.

Not certified; but "many of our Psychologists and Psychiatrists have experience in working with the LGBTQIA+ community."

Psychologists: Shelja Sen, Ankita Khanna, Lavina Nanda, Bhavya Kulshreshtha, Harshita Kaushal, Aishwarya Chawla, Sanjana Mishra, Soumya Jagatdeb and Khwaish Sharma.

Psychiatrists: Dr Amit Sen, Dr Kavita Arora and Dr Pramit Rastogi.

Contact: +91 96508 44774, +91 96500 44774, **Email:** pooja.jain@childrenfirstindia.com

Prachi Akhavi

Delhi, Lajpat Nagar 3

"Not certified, but have worked with about 4-8 people (long term psychotherapeutic work ranging from 6-12 months or more) from the LGBTQIA community per year for the last 5 years."

Services: Psychoanalytic Psychotherapy, low fee but would be willing to do pro bono.

Contact: +919810671420

Email: akhavi.prachi92@gmail.com

Ipsa James

New Delhi

QACP certified from MHI

Services: Psychotherapy

Contact: 07982449464

Email: ipsajames@gmail.com

iCall, TISS

Services: Telephone and email-based counselling and psychosocial services

Entire team is trained in QACP by MHI

Contact: 9152987821, **Email:** icall@tiss.edu

Sadaf Vibha

Navi Mumbai, online

QACP trained, Queer Affirmative therapist, "I use the social justice and intersectional feminist lens in my work."

Services: Psychologist who uses thought based therapies (like Cognitive Behaviour Therapy), constructivist therapies like Narrative Therapy, Family and Couple therapies, Art Based Therapy, Acceptance and Commitment Therapy and Solution Focused Therapy. Offer sliding scale payments.

Contact: 91 91674 75395

Tejas Shah

Mumbai

QACP certified, MHI

Services: Free emotional support

Contact: 7021440454, **Email:** tejas.psy@gmail.com, healingemails.in@gmail.com

Hazel

Mumbai

QACP certified, MHI

Contact: 9820055647, **Email:** zealheal@gmail.com

Shruti Chakravarty

QACP Faculty, MHI

Services: Eclectic, within the humanistic, person-centred paradigm

Contact: 9769267499, **Email:** shruti.network@gmail.com

Pooja Nair

QACP Faculty, MHI

Services: Eclectic, within the humanistic, person-centred paradigm

Contact: 9769465954, **Email:** poojavenugopalnair@gmail.com

Gauri Shringarpure

QACP Faculty, MHI

Services: Eclectic, within the humanistic, person-centred paradigm

Contact: 9930437410

QUEER RELIEF

MUMBAI

Janki Mehta

Mumbai - South Bombay

Not certified, but has a decade's experience in working with the LGBTQIA community

Services: All services for adolescents, adults and geriatrics, namely trauma, anxiety, depression, relationship issues, fear and lockdown issues; pro-bono on availability

Contact: +919819001030, **Email:** jankimehta1479@gmail.com

Hvovi Bhagwagar

Mumbai

Services: Psychotherapy using EMDR and CBT; pro-bono services offered

Follow queer affirmative practices, although no specific training in the same.

Contact: 9821321132. *Prefer Whatsapp, not phone calls.*

Shweta Srinivasan

Mumbai, Kandivli

QACP certified

Services: Individual therapy for young adults and adults.

"My practice is informed by narrative therapy and queer affirmative counselling."

Contact: +919820969329, **Email:** connect@shwetasrinivasan.in

Richa Vashista

Not certified but identifies as queer herself and says her practice is queer-affirmative.

Services: Online therapy using an eclectic approach; sliding scale for payments.

Email: rvashista.3@gmail.com

Havovi Hyderabadwala

Mumbai, Andheri and South Mumbai

Clinical and forensic psychologist, Not certified but says she's queer-affirmative

Services: Psychometric testing and therapy, pro-bono depending on the project

Contact: +919820019322, **Email:** mindmandala.ips@gmail.com

Swarnima Bhargava

Delhi & Mumbai

Psychotherapy in person & online, Not certified, but has worked with clients identifying as queer & polyamorous

Services: Psychotherapy; sliding scale with minimal fee of Rs 300

Contact: +919711057003, **Email:** swarnima.bhargava@gmail.com

Aanchal Narang

Mumbai

QACP certified trainer, MHI

Services: face to face and online counselling; sliding scale payments

Contact: +919819615204, **Email:** aanchal999971@gmail.com

Dr Rizwana Nulwala

Mumbai (Andheri)

20 years of mental health interventions with many clients from the community as well.

Services: Counseling and psychotherapy; sliding scale offered depending on socio-economic status.

Contact: +919867399559, **Email:** krizalyz@gmail.com

Ishita Gupta

Not certified, but has worked with homosexual, bisexual clients and transgender women.

“I identify as a queer individual myself, and have done my best to educate myself to give queer sensitive therapy.”

Services: Individual and couples' therapy settings. Support for sexual assault/rape trauma, hostile family environments, toxic relationship history, anxiety and depression.

Contact: +917304898144, **Email:** breakthroughcounsel@gmail.com

Revati Deshpande

Mumbai, Andheri East

Not QACP certified yet, but have experience working with queer clients in therapy for the last two years

Services: Counseling; open to pro bono

Contact: +918879904103, **Email:** revati.deshpande95@gmail.com

Pawan Soni

Mumbai, Andheri West and Grant Road

Online and telephonic, QACP certified

Services: individual therapy; Not pro bono, has sliding scale

Contact: +919967656878, **Email:** paawan.soni@gmail.com

Hemangi Vyawahare

Mumbai and Bangalore (currently only online till July)

Has studied queer affirmative psychotherapy through the Modern Sex Therapy Institute, USA

Services: Non-Directive existential therapy; few pro bono slots, otherwise can offer a sliding scale

Contact: 7738166706, **Email:** hemangivya@gmail.com

QUEER RELIEF

MUMBAI

Komal Kaira

Not certified, but says she's queer-affirmative and has been working with queer clients for 2 years.

Services: Individual therapy, works with clients between 18 and 60 years old. "I work with an eclectic frame however my practice is particularly influenced by narrative, systems, psychodynamic as well as ACT frameworks".

Offers a sliding scale, fee is decided mutually after a comprehensive discussion with the client.

Contact: 7506498344, **Email:** komalkaira93@gmail.com

Aditi Thakur

QACP certified, MHI

Services: counselling; mental health support; Willing to offer pro bono and has a sliding scale

Contact: 845484221; **Email:** aditithakur89@gmail.com

Priyanka Varma

QACP certified

Pro bono: Yes (but if they come with a referral)

Contact: +91 77180 69340, **Email:** hello@thethoughtco.org

Unnati Bhardwaj

QACP Certified

Services: Therapy, "Open to discussing alternative fee structures in case someone needs help but cannot afford it."

Contact: therapywithunnati@gmail.com

Lamia Bagasrawala

Telephonic, QACP certified

Services: Psychotherapy with a focus on narrative practices, integrated arts-based practices derived from Eastern psychological principles, intersectional and feminist perspectives; Sliding scale for payments

Contact:+91 9869046087, **Email:** lamia.bagasrawala@gmail.com

Sayli Jadhav

QACP certified, Open to providing pro bono services.

Contact: 9619416574; **Email:** jadhavsayli18@gmail.com

Aneree Parekh

Has been a part of Humsafar training seminar.

Services: Psychotherapy and Counseling

Contact: +917304033243, **Email:** anereeparekh.psychotherapy@gmail.com

BANGALORE

Dr Sachin, NIHMANS

Online; Senior resident of Psychiatry; pro-bono during OP hours

Open to LGBTQ+ clients, have worked with them in the past.

Contact: +91 97388 04882

Manisha Gokhale

QACP certified, MHI

Contact: 9844161708

Itisha Peerbhoy

QACP certified, MHI

Contact: 9845129046, **Email:** ipeerbhoy@gmail.com

Shama Shah

QACP certified from MHI

Contact: 9714961449

Pooja Gupta

Not certified but works with several clients from the community

Services: Individual counseling through a centered, solution-focused lens offered with a sliding scale on case by case basis

Contact: +91 9953646120, **Email:** poojagupta.ten@gmail.com

Ananya Saikia

Not certified, but holds experience in working with the LGBTQIA+ community

Services: Psychotherapy and counselling (Third Wave CBT)

Contact: 9606709991; **Email:** healwithanannya@gmail.com

Chaitali Sinha

QACP certified

Services: Individual Therapy; Sliding Scale

Contact: 9167537824; **Email:** chait.sinha@gmail.com

Natesh Shetty

QACP Certified with MHI, Mumbai

Services: Counselor, Inner Child Healing, Regression Therapy, Alternative forms of therapy; Open to Pro Bono.

Contact: 9535278104; **Email:** natesh@violethues.com

BANGALORE

Rovan Varghese

QACP certified

Services: Individual, Couple, Queer. Face to Face and Online; Pro bono: Yes, some clients.

Contact: 9945233325; **Email:** rovanv@gmail.com

Sidhanta Borkataky

QACP certified

Services: Expressive Arts Therapy (Individual/Group sessions for Adult, Children, and Special Needs);

Open to providing pro bono services

Contact: 9810669666; **Email:** sidhanta.b@gmail.com

Mahesh Natarajan

Not certified, but self-identifies as queer and has been working with gender and sexuality diversity for 10+ years; Normally charges Rs.1500 per hour, but with a sliding scale.

Contact: 9886910917; **Email:** mahesh@innersight.in

Shama Shah

QACP certified

Services: individual psychotherapy (in person, and online); pro-bono for telephonic help

Contact: 9714961449; **Email:** shama@manasthya.com

Dr. Sushmita Gowri

QACP certified

Services: Queer affirmative Counseling, hypnotherapy, psychodrama and family constellation healing; Open to pro bono.

Contact: 9740755212; **Email:** sushmita@violethues.com

Deepika Bhat

QACP certified

Services: Counseling, Hypnotherapist, Theta Healer

Contact: +91-8884931188, **Email:** deepika.n.bhat@gmail.com

Dr Asha Sidd

QACP certified

Services: Counseling and therapy. Individual/couple and kids; Pro bono on availability

Contact: 9845668109; **Email:** asha.sidd@gmail.com

Varun Kaul

Not certified, but has experience working with LGBTQ+ clients

Contact: 9686581821. **Email:** kaul.varun@gmail.com

BANGALORE

Nabonita Banerjee

Not QACP certified but “have worked with people from the community all through my years of practice”

Services: Humanistic and existential approach primarily. Eclectic in nature; can work with 2 pro bono clients per 2 months. Otherwise sliding scale is offered for all.

Contact: +919871401255; **Email:** nabonita@gmail.com

The Alternative Story

Bangalore, Mumbai, online and tele-sessions

“We have queer and trans counsellors and use feminist, queer-affirmative methods”

Services: one on one counselling, group therapy, family counselling, online therapy; Pay-as-you-want model

Email: hello@alternativestory.in

GOA

Priya Babu

QACP certified

Services: Counselling and therapeutic services to manage distress caused by life circumstances/ to enhance mental wellbeing for individuals across the life span; Sliding scale

Contact: 9953239966; **Email:** babu.priya@yahoo.com

Shobhika Jaju

South Goa

QACP certified

Personal Counselling / Family Counselling / Online Counselling / Relationship Counselling / Career Guidance

Contact: +919049485444; **Email:** shobhika@jaju.in

PUNE

Tanya Mangwani

QACP certified

Services offered: individual counselling for children, teens and adults; pro-bono offered

Contact: +919764449731; **Email:** tanya.psychotherapist@gmail.com

QUEER RELIEF

K O L K A T A

Dr Nupur Guha Ray

Consultant Psychologist, Professional Counselor at NIFT Experience with counselling LGBTQ+ clients and students; Pro-bono except for a registration charge

Contact: 9331297260

Varta Trust

Database Queer-friendly mental health, sexual health and legal professionals

Website: <https://vartagensex.org/service-providers-search/>

M A N I P U R

Sadam Hanjabam

QACP certified Peer Counselor

Identifies as queer, founder of YA-All Helpline

Services: Psychosocial support, support for queer people with substance abuse issues; free services

Contact: +91 - 6009032883

A H M E D A B A D

Dr. Mamta Shah

Ahmedabad, travels to Delhi to practice every fortnight for 3 days, but unable to due to lockdown.

Not QACP certified but has worked with LGBTQ individuals.

Services: Psychoanalytic psychotherapy; reduced fee for people with lower incomes.

Contact: +9181413 33136, **Email:** mamtashah75@yahoo.com

H Y D E R A B A D

Aarathi Selvan

QACP certified, MHI

Contact: 9490707847, **Email:** aarathi.selvan@gmail.com