COVID-19 QUEERELIEF: 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.

This list was last updated in April 2020. Pink List India does not maintain this list anymore.

Please head to The Mental Is Political (@thementalispolitical) on Instagram for updates on the list.

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.
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 subsided 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
Durgesh Ojha

*Delhi NCR, online*

Psychoanalytic Psychotherapy, QACP certified

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

**Contact:** 07678613412, **Email:** taabeerpsychotherapy@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."


**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
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
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
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
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
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 Borkatky
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
**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
KOLKATA

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/

MANIPUR

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

AHMEDABAD

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

HYDERABAD

Aarathi Selvan
QACP certified, MHI
Contact: 9490707847, Email: aarathi.selvan@gmail.com
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
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