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QUEER  
RELIEF

## 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.

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## 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](mailto:ila.kulshrestha@gmail.com), [ila.kulshrestha@sukoonhealth.com](mailto: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](mailto: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](mailto:hena@hanknunninstitute.org), [Hena.Faqurudheen@gmail.com](mailto: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](http://www.keshavsuri.foundation), [rt@keshavsuri.foundation](mailto: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

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## 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

## 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



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## 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](mailto: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](mailto: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](mailto:healwithanannya@gmail.com)

### Chaitali Sinha

QACP certified

**Services:** Individual Therapy; Sliding Scale

**Contact:** 9167537824; **Email:** [chait.sinha@gmail.com](mailto: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](mailto: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

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## KOLKATA

### Dr Nupur Guha Ray

Consultant Psychologist, Professional Counselor at NIFTE 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

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