



THE CONNECT HUT

Making Mental Health Simple

RESOURCES BOOKLET

Wellness Survey, Helplines,
Wellbeing Plan, Feeling Wheel,
Counselling Services



SUPPORT@THECONNECTHUT.COM



SACHIN CHITAMBARAN

- **15+ years of experience in emotional support, active listening & suicide prevention**
- Founder & Director – Training at The Connect Hut
- Co-founder & Director – Training at Ankahee Suicide Prevention Helpline
- President, Befrienders Initiative (Umbrella Organization for 14 Emotional support Helplines)
- Contributed at Samaritans UK, a global leader in emotional helpline support.
- Certified Suicide Prevention Gatekeeper Trainer (QPR Institute, USA)
- *Has trained thousands in how to really listen and provide emotional support.*



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My Wellness Survey

based on last week

01. Nutritious Meals

How often did you have nutritious, home-cooked meals? (Every day – Often – Twice a week – Never)



02. Water Intake

On average, how many glasses or liters of water (excluding coffee or other drinks) did you drink daily? (Recommended: 2–4 L)



03. Quality of Deep Sleep

Did you experience deep, restful sleep each night over the past week? (Every day – Often – Twice a week – Never)



04. Physical Exercise

Did you engage in any activities that increased your heart rate? Please specify the activities and how often.



05. Sunlight Exposure

How much time did you spend outdoors in natural sunlight each day?



06. Digital Consumption

How many hours did you spend in front of a screen (e.g., computer, phone, TV) each day? (Less than 2 hrs – 2–4 hrs – 4–8 hrs – More than 8 hrs)



07. Spirituality & Reflection

In the past week, how much time did you spend reflecting on life, your purpose, and what it means to be alive? (Every day – Often – Twice a week – Never)



08. Connection

Identify people in your life you care about. In the past week, how often did you have meaningful interactions with them?





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My Wellbeing/Safety Plan

1

What are my 3 warning / behavioural signs that tell me I am stressed, upset or overwhelmed? (Example I bang the door)

- _____
- _____
- _____

2

What are 3 things that help me calm down?
(Excluding sleep, phone, alcohol, drugs and Netflix)
Example - exercise, meditation, music

- _____
- _____
- _____

3

Who are the 3 people I trust to be vulnerable...
(People I can cry, share my difficult experiences or thoughts without feeling judged) (Example - Friends, Family, Counsellors, Helpline)

- _____
- _____
- _____



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BEFRIENDERS INDIA HELPLINES

Saath Suicide Prevention Centre	www.saathiindia.org	Ahmedabad	917926305544, 917926300222	1.00 pm to 7.00 pm Everyday	saath12@yahoo.com
Maithri	www.maithrikochi.in	Kochi	04842540530	10:00 am to 7:00 pm Everyday	maithrihelp@gmail.com
Sanjeevani	www.sanjeevanitrivandrum.com	Trivandrum	0471-2533900,9400033900	1.00 pm to 5.00 pm Monday to Saturday	sanjeevanitrivandrum@gmail.com
Sneha Foundation	https://snehaindia.org/new/	Chennai	04424640050 04424640060	Telephone - 10am to 10pm Everyday Visit - 10am to 6pm Everyday Chat - 10pm to 1am Everyday	help@snehaindia.org
Connecting Trust	www.Connectingngo.org	Pune	9922001122, 9922004305	10:00 am to 8:00 pm Everyday	distressmailconnecting@gmail.com
Lifeline Foundation	http://www.lifelinefoundation.in	Kolkata	9088030303, 03340447437	10:00 am to 10:00 pm Everyday	lifelinekolkata@gmail.com
COOJ Mental Health Foundation	www.cooj.co.in	Goa	08322252525	1:00 pm to 7:00 pm Monday to Friday	youmatterbycooj@gmail.com
Roshini	www.roshinitrust.com	Hyderabad	8142020033/8142020044	11:00 am to 9:00 pm Everyday	roshnihelp@gmail.com


BEFRIENDERS INDIA HELPLINES					
'Jeevan' Suicide Prevention Centre	https://jeevanhelplinesuicideprevention.blogspot.com/	Jamshedpur	<u>9297777499/</u> <u>9297777500,</u> <u>9955435500</u>	10:00 am to 6:00 pm Everyday	jeevanjamshe dpur@gmail.c om
Nesam	www.nesam.in	Erode -TN	<u>04242220022</u>	12noon to 8pm Monday - Saturday. 8am to 8pm on Sunday.	
Ankahee Helpline	https://ankaheehelpline.org/index.html	Mumbai	(+91) 86-554 86-966	4:00 pm to10:00 pm Everyday	hello@ankahe ehelpline.org
Sumaitri	https://sumaitri.net/	New Delhi	<u>011 46018404,</u> <u>9315767849</u>	12:30 pm to 5:00 pm Everyday	
Thanal Crisis Intervention and Suicide Prevention Research Centre		Calicut	<u>0495</u> <u>2760000,</u> <u>9495714262</u> <u>7306509594</u>	10:00 am to 6:00 pm Everyday	thanal.calicut @gmail.com

OUTLIVE Chat based support ([Click here](#))3 pm - 9 pm (Mon to Sat)

Need Counseling Support? We're Here for You.

You can reach us anytime at spaces.tch@gmail.com or simply [click here](#) to fill the request form

Spaces is the counseling and listening arm of The Connect Hut.
 Whether you're looking for professional counseling or simply someone who can listen without judgment, we're here for you. Just fill out our short request form, and we'll get in touch to understand your needs and connect you with the right therapist.

-  What you get with us:**
- Free First Session: Every new user gets a complimentary session to begin with.
 - Trained Counselors: Our team is skilled in different therapy approaches, and also trained in-house on active listening and suicide prevention.

[illegible]

- **First Way - Select Feelings** - start by picking feeling resonating with you from the inner circle, then move to the outer circle and note these down.
- **Second Way - Recognize your thoughts** - Identify what story you're telling yourself and what thoughts are coming when you feel that emotion (e.g. My partner does not understand me). **Imagine a friend saying this:** Consider what a friend might feel in the same situation (e.g., disappointment).
- **Third Way - Simple exercise to see your thoughts:** Practice journaling or diary writing, and then read it again to reflect on your thoughts and feelings.