

National Mental Health Programme (NMHP)

Availability of Mental Health Care Services in Jammu Division

District	S. No	Name of the Health Institution	OPD Days
Jammu	1.	Govt. Hospital Gandhi Nagar, Jammu.	All working days.
	2.	Govt. Hospital, Sarwal, Jammu.	Every Tuesday
	3.	CHC R.S.Pura	Every Thursday
	4.	CHC Kot Bhalwal	Every Monday
	5.	CHC Bishnah	Every Wednesday
	6.	CHC Akhnoor	Every Friday
Kathua	1.	GMC Kathua.	Every Wednesday
	2.	CHC Parole	Every Tuesday
	3.	CHC Hiranagar	1 st & 3 rd Saturday
	4.	CHC Billawar	4 th Saturday
	5.	CHC Basohli	2 nd Saturday
Doda	1.	GMC Doda	Every Monday
	2.		Every Wednesday
	3.		Every Friday
Kishtwar	1.	District Hospital, Kishtwar	Every Tuesday
			Every Thursday
Poonch	1.	CHC Mendhar	Every Monday
			Every Wednesday
Rajouri	1.	GMC Rajouri	Every Saturday
	2.	CHC Darhal	Every Monday
	3.	CHC Kandi	Every Wednesday
Reasi	1.	DH Reasi	Every Monday
			Every Tuesday
Every Friday			
Ramban	2.	PHC Pouni	Every Wednesday
	1.	PHC Ukheral	Every Monday
	2.	PHC Ramsoo	1 st & 3 rd Tuesday
Samba	3.	PHC Khari	2 nd & 4 th Thursday
			1.
Udhampur	1.	DH Udhampur	Every Monday
			Every Thursday

Mental Healthcare Helpline for Psychosocial support to Covid-19 Patients and their families

S.No	Name	Designation	Mobile No.	District
i.	Dr. Akhil Menia	MO (DNB Psychiatry)	94191 83184	Jammu
ii.	D. Vinod Dhar	MO (Mental Health Programme Officer)	94191 85634	Jammu
iii.	Ms. Shivani Gupta	Psychologist	90866 21361	Jammu
iv.	Ms. Ruchi Sasan	Psychiatric Social Worker	96221 55294	Jammu
v.	Dr. Mukul Ubbot	MO (Mental Health Programme Officer)	94191 52321	Kathua
vi.	Dr. Iqbal Malik	BMO (Mental Health Programme)	70060 63984	Rajouri
vii.	Dr. Anil Saloch	BMO (Mental Health Programme)	94191 61439	Udhampur
viii.	Dr. Zia Shoukat	MO (Mental Health Programme)	94191 66720	Doda