



**West Bengal Commission for Protection of Child Rights**

Is offering

**Helpline Numbers**

**for children under stress due to the  
lockdown**

Hello everyone!!!

How are you all doing?

This is the second phase of our lockdown period. Our lifestyle has changed a little during this difficult period. But change is a part of our lives and livelihoods. It's only matter of time to accept the situation. You can still live in your own world and can create your own space.

But yes, inspite of several trials, we do face some problems to adjust with. In the connection, West Bengal Commission for Protection of Child Rights is always ready to listen our children voice and take care of their physical and psychosocial wellbeing.

- Do you feel discomfort at home? Scared of any form of abuse?
- By staying all the time indoors, are you facing difficulty of adhering to the restrictions of your parents?
- Do you miss the relationships that you had build outside?
- Are you feeling anxious for your upcoming exams? Do you feel that your career is hampered?
- Are you enjoying online classes? Having any difficulties on sustaining attention?
- Teenagers, is it being difficult for you to resist addiction?
- Are you scared of disclosing any secrets? Becoming impatient? Unable to stay clam?
- Are parents worried about their child's immunisation?
- Teenage girls, do you have any query about menstrual health?
- Parents and caregivers, you should understand the impact of the lockdown on your little ones. Do you want to learn some methods to make your champ happy?

### **For any kind of difficulties**

**Parents, caregiver, children, teenagers may contact our health professionals.**

**We ensure to keep confidentiality.**

**Stay safe, stay happy and stay connected with each other.**



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### Psychiatrists

Dr Rima Mukherjee	8961573440	10am - 2pm and 5pm - 7pm
Dr. Arabinda Bramha	9830066869	9am - 9pm
Dr. Kumar Kanti Ghosh	9433060027	10am - 12pm
Samikshani	7044087949	4pm - 6pm
Dr. Debabrata Majumdar	9830493836	4pm - 6pm (Mon, Wed, Fri)*
Dr. Abhiruchi Chatterjee	9830172728	6pm - 8pm*

### Psychologist

Dr. Suvarna Sen	9830477420	6pm - 8pm
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### Gynaecologist

Dr. Jaydip Basu	9831024406	24x7
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### Paediatrician

Dr. Nilanjan Ghosh	8334017557	6.30pm - 7.30pm
Dr. Shamik Ghosh	9748487767	24x7

### Counsellors

Dr. Nilanjana Sanyal	9830022615	6pm - 8pm
Paromita Chowdhury	9433166684	6pm - 8pm
Suparna Rudra	9748765505	6pm - 8pm
Dr. Reshmi Datta	9830248518	6pm - 8pm
Dr. Subhrojyoti Mukherjee	9830115878	6pm - 8pm
Swapnaja	9051393716	6pm - 8pm
Anididita Mukherjee	9433095359	6pm - 8pm
Sushmita Chatterjee	8296154899	6pm - 8pm



**Helpline for Children**

#### \*Disclaimer

The consultations pertain to general suggestions and advice for further course of action and NOT directly for treatment purposes. All suggestions to be followed by an in person examination by a qualified physician. Medications, if required, can be administered only against a physical prescription by a qualified physician).



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Two professional counsellors from 'Jayaprakash Institute of Social Change' who are willing to offer counselling services for the children who may require the same in the prevailing conditions.

The services will be provided till the conditions restore to normal.

### Counsellors

Sreeja Sethia	8697353898 7003676237	7pm - 9pm
Sriya Satuluri	9903747562	6pm - 8pm



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