

J&K CENTRALISED HEALTH HELPLINE

104

AT YOUR SERVICE

Shri Manoj Sinha

Hon'ble Lieutenant Governor
Jammu and Kashmir

Where can I get my regular antenatal checkups during pregnancy...?

Who is my concerned ASHA & ANM

Where can I find out my nearest Primary Health Centre / Community Health Centre / District Hospital

Where can I get myself tested for TB (Tuberculosis) and get free treatment also

I am depressed and suicidal I need mental health counselling

I need Ayurvedic therapy for Joint Pain from a free Govt. Hospital Where can I get it?

Where can I get COVID testing / vaccination done...?

I am COVID positive What should I do..?

How can I avail services under Rashtriya Bal Swasthya Karyakram

I want to file a complaint about non-availability of doctor in my nearest Govt. PHC

Where can I get information about Janani Shishu Suraksha Karyakram & Janani Suraksha Yojana schemes..?

I am Pregnant, Where can I have safe delivery free of cost....?

Where can I get free dialysis done nearest to my home

We need family planning counselling, plz help

I am not feeling well, plz make me talk to a doctor

My Ayushman Bharat claim is pending, Plz resolve

I need to report about over priced / spurious medicine

I think my friend is a drug addict, where can he get de-addiction counselling...?

My child is suffering from Thalassemia / Haemophilia. Where can I get specialised treatment, expensive drugs free of cost

DIAL 104



MONDAY TO SATURDAY
9:00 AM TO 6:00 PM

Where can I get my Ayushman Bharat Golden Card / Sehat Card

Where can I get free immunization of my new born child

Where can I find the nearest Govt. specialist like Pediatrician, Gynaecologist, Ophthalmologist etc.

I need to report food safety violation, food adulteration

I need to arrange a prosthetic for my disabled relative. Where can I get it?

Where can I get facility of free Govt. MRI / CT SCAN/ X RAY/ USG etc.

I am an ASHA worker, I need to report grievance regarding non payment of incentives. Please resolve

Any other query regarding Health Care Services

Issued in Public Interest By:

NATIONAL HEALTH MISSION, J&K

