



INDIAN HELPLINE

INDIA'S ORGANIZED EMERGENCY DATABASE

THE WOMEN SAFETY GUIDE



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WOMEN HELPLINE NUMBERS

Women Helpline (All India) - Women In Distress	1091
Women Helpline Domestic Abuse	181
Police	100
National Commission For Women (NCW)	011-26942369, 26944754
Delhi Commission For Women	011-23378044 / 23378317 / 23370597
Outer Delhi Helpline	011-27034873 , 27034874
Student / Child Helpline	1098

STATE WISE WOMEN HELPLINE NUMBER

National Commission for Women	011-23237166, 23234918
DELHI	
Delhi Commission for women	011-23379181, 23370597
Delhi Women Protection Cell	011-24673366/4156/ 7699

ANDHRA PRADESH	
Andhra Pradesh - Hyderabad/Secundrabad Police station	040-27853508
Andhra Pradesh Women Protection cell	040-23320539
Andhra Pradesh Women Commission	0863-2329090
Hyderabad Women Police Station	040-27852400/4852
ARUNACHAL PRADESH	
Arunachal Pradesh Women Commission 'C' Sector, Ita Nagar	0360-2214567, 0360-2290544
ASSAM	
ASSAM WOMEN HELPLINE	181 , 9345215029, 0361-2521242
ASSAM Women Commission (http://womencommissionassam.gov.in/)	0361-2227888,2220150 ,0361-2220013
BIHAR	
Bihar Women Helpline	18003456247 / 0612-2320047 / 2214318
Bihar Women Commission (1 South, Beily Road, Patna, Bihar)	0612- 2507800
CHANDIGARH	
Chandigarh Women Police	0172-2741900

Chandigarh Women Commission	N-A
CHATTISHGARH	
Chattishgarh Women Commission (Gaytri Bhawan, 13 Jalvihar Colony, Raipur) http://cgmahilaayog.com/ Email : complaint@cgmahilaayog.com	0771-2429977,4013189 18002334299 0771-4241400
GOA	
GOA Women Helpline	1091 , 0832-2421208
GOA Women Commission	0832-2421080
GUJRAT	
STATE WOMEN COMMMISION GUJRAT (http://www.scwgujarat.org/)	18002331111 / 079-23251604 , 079-23251613
GUJRAT - Ahemdabad Women Group https://www.awagindia.org/	7926441214
GUJRAT - Self Employed Women's Association http://www.sewa.org/	079-25506477/ 25506444
HARYANA	
Haryana Women and Child Helpline	0124-2335100
HARYANA - Helpline for women in Distress	9911599100
Haryana Women Commission	0172 - 2584039, 0172-2583639

(Bays No: 39-40, CADA Bhawan, Sec-4, Panchkula)	
Women and Child Development Department	0172-2560349
HIMACHAL PRADESH	
Himachal Pradesh Women Commission (http://hp.gov.in/hpwomencommission/Home.aspx) H.P. State commission for Women, Himrus Bhawan, Himland, Shimla	9816077100, 0177-2622929 0177-2783607 01892-228072
MAHARASHTRA	
Mumbai Railway Police	9833331111
Mumbai Police Women Helpline No.	022-22633333, 22620111
Maharashtra Women Commission http://mscw.org.in/ (Gruha Nirman Bhawan Mhada Bldg., Kalanagar, Bandra)	07477722424 022-26592707
Maharashtra Women Helpline	022-26111103, 1298 , 103
MAJLIS - MAHARASHTRA	022-26661252 / 26662394
Navi Mumbai Police Station	022-27580255
PUNJAB	
Punjab Women Helpline	9781101091
Punjab Women Commission SCO No:-57,58,59 Sector-17-C, Chandigarh	0172-2712607 0172-2783607

http://www.pbsocialsecurity.gov.in/index.php/wcd/pwc http://www.punjabwomenscommission.punjab.gov.in/	
Punjab Samvad (NGO)	0172- 2546389, 2700109, 276000114
TAMIL NADU	
Tamil Nadu Women Helpline	044-28592750
Tamil Nadu State Commission for Women http://www.tn.gov.in/detail_contact/5170/5/	044-28551155
TRIPURA	
Tripura Commission for Women H.G. Basak Road, Melarmath Agartala, West Tripura (http://tcw.nic.in/)	0381-2323355, 2322912
RAJASTHAN	
Rajasthan Nirbhaya Helpline	1800-1200-020
Rajasthan Women Commission	0141-2779001-4
Rajasthan Women Helpline	0141-2744000
Jodhpur Women Helpline	0291-2012112
KARNATAKA	
Banglore Women Police	080-22943225
Karnataka Women Police	0821-2418400

Karnataka Women Commission (1st Floor, Karnatka Housing Board Building, Cauvery Bhawan, K.G. Marg, Bangalore-560 009)	080-22100435/ 22862368, 080-2216485
Mysore Women Police	0821-2418110/2418410
MADHYA PRADESH	
Madhya Pradesh Women Commission http://www.mpswc.nic.in/contact.html	0755-2661813, 2661802, 2661806, 2661808 , 1800-233-6112
Madhya Pradesh Mahila thana	0731-2434999
KERALA	
Kerala Women Police Helpline (Trivandrum)	9995399953
Kerala Women's Commission http://keralawomenscommission.gov.in	0471-2322590, 2320509, 2337589, 2339878, 2339882
State Vanitha Cell	0471-2338100
Women Cell , Kollam	0474-2742376
Women Cell , Kochi	0484-2396730
UTTAR PRADESH	
Uttar Pradesh Women commission (http://mahilaayog.up.nic.in/)	0522-2306403 , 18001805220 whatsapp : 6306511708
Uttar Pradesh Sahyog NGO	0522-2341319 , 2310747
WEST BENGAL	

West Bengal women commission (Salt Lake City, Kolkata)	033-23595609, 23210154, 2217 4019 ,2244 8092
West Bengal Women Helpline Number	033-23595609, 23210154
Swayam - Westbengal NGO https://www.swayam.info/	033-2486 3367/3368/3357

NATIONAL COMMISSION FOR WOMEN HEAD OFFICE : DELHI

Complaints: 011-26944880, 26944883 **Website:** <http://ncw.nic.in/>

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Note - For any correction and addition on helpline numbers, any consultation
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TIPS HOW TO BE SAFE By “Indianhelpline.com “

1. Keep emergency numbers in speed dial
2. Avoid lonely areas
3. Carry a Pepper spray or safety tools
4. Install safety app on your mobile
5. Do not fall victim to online fraud , do not share any personal details with any unknown person online.

SAFETY APP FOR ANDROID AND IPHONE

List of Women Safety Apps

1. My Safetipin

2. bSafe

3. iGoSafely

4. Family Locator - GPS Tracker

5. Raksha

6. SOS App: Women Safety and Senior Citizen, Ambulance

7. Himmat Plus

There are many scheme by government and laws by Government of India:

1. Under the Legal Services Authorities Act, female rape victims have the **right to get free legal aid** or help from the Legal Services Authority who has to arrange a lawyer for help (for the victim).

2. Women have right not to be arrested at night. And to be arrested by women police only.

3. Women Have right to file Zero FIR: that is file FIR at any police station exclusive of the area of jurisdiction.

4. Women have right to complain against being stalked or work place harassment.

Indianhelpline.com Recommends women to contact state legal service authority or lawyer for taking proper legal advise.

Disclaimer:

We have taken utmost care while preparing this list, however information is sourced from manual sources, directory and Internet and is subject to change. Indianhelpline.com is not a government website neither related to them , we do not provide personal advisory however help people connect to counselors without any involvement on our part.

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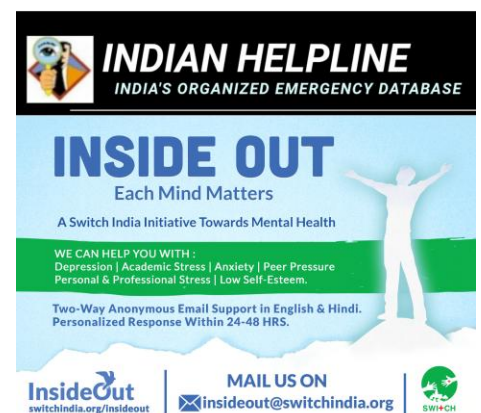
This is version 2.0 of the Guide Published on 27th September 2019, please update.

SUGGESTED OTHER ORGANIZATIONS:

1. If you want to share your feelings without disclosing your name visit <https://www.nowandme.com/> - FREE
2. If you to create behavioral analysis of your school kids (PAID) - <http://thinkief.org/>
3. Free email based counseling on stress related issues (by psychologist) – FREE – BY SwitchIndia.org

Email at: Insideout@switchindia.org

And we request you to visit our download section and download helpline number Poster and download fill and paste in your home and office



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INSIDE OUT
Each Mind Matters

A Switch India Initiative Towards Mental Health

WE CAN HELP YOU WITH:
Depression | Academic Stress | Anxiety | Peer Pressure
Personal & Professional Stress | Low Self-Esteem.

Two-Way Anonymous Email Support in English & Hindi.
Personalized Response Within 24-48 HRS.

InsideOut
switchindia.org/insideout

MAIL US ON
insideout@switchindia.org

SWITCH