



INDIAN HELPLINE.com

INDIA'S ORGANIZED EMERGENCY DATABASE

WOMEN HELPLINE NUMBERS

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

STATE wise Women Helpline Numbers

National Commission for Women	011-23237166, 23234918
Delhi Commision for women	011-23379181, 23370597
DELHI Women Protection Cell	011-24673366/4156/ 7699
Andhra Pradesh - Hyderabad/Secundrabad Police station	040-27853508
Andhra Pradesh Women Protection cell	040-23320539
Hyderabad Women Police Station	040-27852400/4852
Banglore Women Police	080-22943225
Bihar Women Helpline	18003456247 / 0612-2320047 / 2214318
Chandigarh Women Police	0172-2741900
GUJRAT - Ahemdabad Women Group https://www.awagindia.org/	7926441214
GUJRAT - Self Employed Women's Association http://www.sewa.org/	079-25506477/ 25506444
Haryana Women and Child Helpline	0124-2335100
HARYANA - Helpline for women in Distress	9911599100

WOMEN HELPLINE NUMBERS

Himachal Pradesh Women Commission	9816066421,09418636326, 09816882491
Mumbai Railway Police	9833331111
Navi Mumbai Police Station	022-27580255
Punjab Women Helpline	9781101091
Punjab Women Commission	0172-783607
Punjab Samvad (NGO)	0172- 2546389, 2700109, 276000114
Tamil Nadu Women Helpline	044-28592750
Tripura Women Helpline	0381-2323355,2322912
Rajasthan Nirbhaya Helpline	1800-1200-020
Rajasthan WOMEN Commission	0141-2779001-4
Jodhpur Women Helpline	0291-2012112
Karnataka Women Police	0821-2418400
Karnataka Women Commission	080-22100435/ 22862368, 080- 2216485
Mysore Women Police	0821-2418110/2418410
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
Maharashtra Women Helpline	022-26111103, 1298 , 103
MAJLIS - MAHARASHTRA	022-26661252 / 26662394
Kerala Women Police Helpline (Trivandrum)	9995399953
Kerala Women's Commission	0471-2322590, 2320509, 2337589, 2339878, 2339882
State Vanitha Cell	0471-2338100
Women Cell , Kollam	0474-2742376
Women Cell , Kochi	0484-2396730
Uttar Pradesh Women commission (http://mahilaayog.up.nic.in/)	0522-2306403 , 18001805220 whatsapp : 6306511708
Uttar Pradesh Sahyog NGO	0522-2341319 , 2310747
TAMIL NADU women commission	044-28592750
West Bengal women commission	033-23595609, 23210154, 2217 4019 ,2244 8092
West Bengal Women Helpline Number	033-23595609, 23210154

WOMEN HELPLINE NUMBERS

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**

SAFETY APP FOR ANDROID AND IPHONE

List of Women Safety Apps

- 1. My Safetipin**
- 2. Shake2Safety**
- 3. bSafe**
- 4. Eyewatch SOS for women**
- 5. iGoSafely**
- 6. Family Locator - GPS Tracker**
- 7. Raksha**
- 8. SOS App: Women Safety and Senior Citizen, Ambulance**
- 9. Himmat Plus**

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

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