

WOMEN HELPLINE NUMBERS

Women Helpline (All India)

Women In Distress [1091](#)

Women Helpline Domestic Abuse 181

Police 112 / 100

National Commission For Women (NCW) (Domestic violence 24x7 helpline for Sexual Violence and harassment) 7827170170

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

National Human Right Commission 011-23385368/9810298900

STATE WISE WOMEN HELPLINE

National Commission for Women 011-23237166, 23234918

DELHI

- Delhi Commission for women 011-23379181, 23370597
- Delhi Women Protection Cell 011-24673366/4156/ 7699
- Shakti Shalini (N.G.O) Women Shelter , Support Survivors ,

Counselling website :- <https://shaktishalini.org/>

011-24373737 , 011-24373736 or 10920

- Sakshi - violence intervention center - (0124) 2562336/ 5018873

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 - Call :- 0360-2214567,0360-2290544

ASSAM

ASSAM WOMEN HELPLINE 181 , 9345215029,0361-2521242

ASSAM Women Commission - 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

CHATTISHGARH

Chattishgarh Women Commission(Gaytri Bhawan, Raipur)

<http://cgmahilaayog.com/>

Email : complaint@cgmahilaayog.com

Call :- 0771-2429977,4013189, 4241400 , 18002334299

GOA

GOA Women Helpline1091 ,0832-2421208

GOA Women Commission 0832-2421080

GUJRAT

STATE WOMEN COMMMISION GUJRAT (<http://www.scwgujarat.org/>)18002331111 / 079-23251604 , 079-23251613

Ahemdabad Women Group - 7926441214

<https://www.awagindia.org/>

GUJRAT - Self Employed Women's Association - 079-25506477/ 25506444

<http://www.sewa.org/>

HARYANA

Haryana Women and Child Helpline 0124-2335100

Helpline for women in Distress 9911599100

Haryana Women Commission(Bays No: 39-40, CADA Bhawan, Sec-4, Panchkula) 0172 - 2584039, 0172-2583639

Women and Child Development Department 0172-2560349

HIMACHAL PRADESH

Himachal Pradesh Women Commission

<http://hp.gov.in/hpwomencommission/Home.aspxH.P.>

State commission for Women, Shimla:- 9816077100, 0177-26229290177-278360701892-228072

MAHARASHTRA

Mumbai Railway Police 9833331111

Mumbai Police Women Helpline No. 022-22633333, 22620111

Maharashtra Women Commission - 07477722424022-26592707

<http://mscw.org.in/> (Gruha Nirman Bhawan Mhada Bldg., Kalanagar, Bandra)

Maharashtra Women Helpline 022-26111103, 1298 , 103

MAJLIS - MAHARASHTRA 022-26661252 / 26662394

Navi Mumbai Police Station 022-27580255

PUNJAB

Women Helpline Punjab 1091 / 112

Women Helpline (Amritsar City Only) 9781101091

Punjab Women Commission SCO No:-57,58,59 Sector-17-C,Chandigarh

Website : [click here](#)

Call : 0172-27126070172-2783607

Punjab Samvad (NGO) - 0172- 2546389, 2700109, 276000114

TELANAGANA

WOMEN HELPLINE181

WOMEN COMMISSION WHATSAPP 9490555533

TAMIL NADU

Tamil Nadu Women Helpline 044-28592750

State Commission for Women

WEBSITE : [Click Here](#)

Call :- 044-28551155

TRIPURA

Tripura Commission for Women H.G. Basak Road, MelarmathAgartala, West Tripura

Call :- 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

Phone :- 080-22100435/ 22862368, 080-2216485

Mysore Women Police 0821-2418110/2418410

WOMEN HELPLINE NGO IN BENGULURU / KARNATAKA

- **Vanitha Sahayavani:** 100, 080-22943225, 080-22943224 Free tele-counselling and police assistance

- **Tara Women Centre** (NGO Ashraya) : 080-25251929 Counselling , training , job assistance
- **Nava Karnataka Mahila Rakshana Vedike:** 9490135167 Free legal advice , Police assistance and shelter for women who are victim of domestic violence
- **Abhayashrama:** 080-22220834, 080-22121131 Shelter , protection , training , medical assistance
- **Vimochana:** 080- 25492781 /82 WEBSITE : <https://www.vimochana.co.in/>

Shelter , counselling , medical and job

- **The South India Cell for Human Rights Education and Monitoring (SICHREM)** : 080-25473922

(free legal advisory by legal professionals) Timings : Monday to Friday : 9.30 am and 5.30 pm

- **Samaja Seva Samithi** : 080-26600022 /9448945367

(Shelter , counselling ,dispute resolution & Employment)

MADHYA PRADESH

Madhya Pradesh Women Commission 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 Website : Click here 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 , 18001805220whatsapp : 6306511708

Uttar Pradesh Women Helpline 1090 / 112

UTTRAKHAND

Project Nidhi (for women facing domestic violence) 18001804039, 05946-297101

UTTRAKHAND POLICE Women helpline - 9411112780

WOMEN HELPLINE - 1090

WEST BENGAL

A. West Bengal women commission(Salt Lake City, Kolkata) Complaints by Email :
wbcw.org@gmail.com

Website : <https://www.wbcw.co.in/>

Call : 033-23595609033-23210154

B . Swayam - Westbengal NGO <https://www.swayam.info/> 033-24863367 /3368/3357

C. West Bengal Commission for Protection of Child Rights (WBCPCR) (Child marriages and trafficking)9830056006 , 9836078780 Whatsapp : 9836300300

ORGANIZATIONS AND NGO PROVIDING FREE GUIDANCE AND SUPPORT :

1.ALL INDIA WOMEN'S CONFERENCE (Emancipation, Education and Empowerment of Women , Across 10 states) <http://www.aiwc.org.in/> 011-43389100 , 011-43389101 ,011-43389102 011-43389103

2. SNEHA NGO (If you or someone you know is a survivor or facing violence, there is help available) Centre timings (Mon to Sat , 10am to 6pm)<https://snehamumbai.org/>

CRISES HELPLINE: 91675 35765 , 7208080228

3. ONE-STOP CRISIS CENTRE AT KEM HOSPITAL: 022-24100511

4. JAGORI 011-26692700 , 8800996640

Website : <https://www.jagori.org/>

5. SAARTHAK 011-26853846/ 26524061

6. NARI RAKSHA SAMITI 011-23973949

7. Lawyers Collective Womens Rights (Domestic Voilence Cases) 011-24373993/
24372923

8. Pratidhi (Legal help) 011-22527259

9. Human Rights Law Network runs Madhyam Helpline and provide Legal Services - (011)
24316922/ 24324503

NATIONAL COMMISSION FOR WOMEN (DELHI)

Complaints : 011-26944880 , 26944883

Website : <http://ncw.nic.in/>

LIST OF STATE WOMEN COMMISSION

<http://ncwapps.nic.in/frmListStateCommission.aspx>

Note :- For any updation , correction and addition on helpline numbers email us at : Indianhelpline@hotmail.com

There are many scheme by government and laws by Government of India and Reporting Mechanism.

1. Under the Legal Services Authorities Act, female 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 only) .
2. Women Have right not to be arrested at night
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.
5. VISIT SAKHI CENTRE - ONE STOP HELPLINE CENTRE FOR WOMEN. More than 500 centre across the country. Where in medical, legal, psycho-social support and temporary shelter is provided.
6. For Cyber crime or blackmailing you may report at Cybercrime.gov.in
7. For workplace harassment one can file complain at Shebox.nic.in

Note : Indianhelpline.com is an Independent website and not related to government , all number shared are for awareness only and It is one of the most integrated page on internet shared multifold time. We have taken utmost care in creating this website however shall not responsible for non functioning of number or accuracy as same keep changing and its a human initiative.

We Recommend women's to contact state legal service authority , Sakhi Centre or lawyer for taking proper legal advice. In case of emergency call Police .

[DOWNLOAD FREE WOMEN HELPLINE GUIDE](#)

STAY SAFE : STAY AWARE

In Emergency Dial 112 or your nearest Police station

[Dial 112](#)