

Organization	Phone Number	Timings	Areas Catered	Remarks
Women/police helpline	1091; 1291		All India	
Domestic abuse national helpline	181		All India	
Swayam	9830079448; 9830204393; 9830204322; 9830737030	10a-6p; Mon-Fri	All India	
Swayam (specialised helpline)	9830772814	10a-2p; Mon-Fri	All India	trained MH counselors; English, Hindi, Bengali
Women in Governance (Assam)	6003214180		Assam	Assamese only
Nazariya	9818151707		Delhi	
The Alternate Space - Women's Collective	9899175822 7258055163 9871366894		Delhi and Jharkhand	Hindi; Provides support to women by providing legal & socio counselling, & helping them combat hunger and violence through different government and non government agencies.
Jagori	8800996640 (011) 26692700	9:30a-5:30p	Delhi NCR	English; Hindi
Saheli	(011) 2461 6484		Delhi-based	Hindi only
Shakti Shalini	(011) 2437 3737; (011) 2437 24379	10a-5p; Mon-Fri	Delhi; all over	
Bhumika Women's Collective	18004252908	24hrs	Hyderabad	

<b>Shaheen Women's Resource and Welfare Association</b>	9885050588		Hyderabad	
<b>AALI (ssociation for Advocacy and Legal Initiatives)</b>	9693853019		Jharkhand	
<b>AALI (ssociation for Advocacy and Legal Initiatives)</b>	9415343437		Lucknow	
<b>Gauravi Sakhi</b>	1800 2332244	10a-6p; Mon-Sat	Madhya Pradesh. Takes calls from all over	
<b>मला बोलायचे आहे (Mala Bolaycha Aahe)</b>	98702 17795; 77679 09222; 86920 34587; 99701 61988; 98332 63606; 92847 48109	10a-7p	Maharashtra, but can give referrals to other states	Special Cell for Women and Children
<b>Stree Mukti Sanghatana</b>	±91 8291821061	10a-6p	Mumbai	<a href="http://www.streemuktisanghatana.org">www.streemuktisanghatana.org</a>
<b>SNEHA crisis helpline</b>	9833052684; 9167535765	24hrs	Mumbai	<a href="http://www.snehamumbai.org">www.snehamumbai.org</a>
<b>Cehat</b>	9029073154	24hrs	Mumbai	
<b>CORO</b>	9892632382	24hrs	Mumbai	
<b>Urja Trust</b>	7045991985; 7045731583; 9867910199	9a-7p	Mumbai	

<b>Police helpline mumbai</b>	103	24 hrs	Mumbai	
<b>One-stop Crisis center at KEM</b>	(022) 24100511	24hrs	Mumbai, KEM Parel (Walk in)	<a href="http://www.snehamumbai.org">www.snehamumbai.org</a>
<b>Sakhya</b>	±91 9890312402	10a-6p	Mumbai, Vasai-Virar region	<a href="http://sakhyawgc.org">http://sakhyawgc.org</a>
<b>iCall - TISS</b>	99202 41248; 83697 99513; 93720 48501	10a-8p; Mon-Sat	Mumbai; calls from all over	
<b>Akanksha Seva Sadan</b>	9029073154		Muzaffarpur	
<b>Abhay helpline</b>	9423827818	10a-10p	Pune	
<b>Nari Samta Munch</b>	9987720696		Pune	
<b>Vishakha ( Man Samvaad)</b>	18001800018	9a-11p; all days	Rajasthan	Mansamvaad is a state wide helpline for mental health issues,
<b>Vishakha Mahila Salah Evam Suraksha Kendra</b>	(0151) 2226121	10a-5p; Mon-Sat	Rajasthan Bikaner	For women & girls facing any form of violence; located in women's
<b>Vishakha</b>	7425018111	10a-7p; all days	Rajasthan, Kota	Helpline for migrant students residing in Kota city
<b>Vishakha Mahila Salah Evam Suraksha Kendra</b>	(0294) 2488339	10a-5p; Mon-Sat	Rajasthan, Udaipur	For women & girls facing any form of violence; located in women's
<b>Women power line (Uttar Pradesh)</b>	1090		UP	
<b>Humsafar Support Centre for Women</b>	9319095749 7007629220		UP, Lucknow	

