

	Organization	Phone Number	Timing	Areas Catered	Remarks
1	Stree Mukti Sanghatana	±91 8291821061	10a-6p	based in Mumbai	www.streemuktisanghatana.org
2	मला बोलायचे आहे (Mala Bolaycha Aahe)	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
3	Sakhya	±91 9890312402	10a-6p		
4	SNEHA crisis helpline	9833052684; 9167535765	24hrs	based. in Mumbai	www.snehamumbai.org
5	One-stop Crisis center at KEM	(022) 24100511	24hrs	walk-in location at KEM Parel, Mumbai	www.snehamumbai.org
6	Abhay helpline	9423827818	10a-10p	Pune	
7	Swayam	9830079448; 9830204393; 9830204322; 9830737030	10a-6p; Mon-Fri	All India	
8	Swayam (specialised helpline)	9830772814	10a-2p; Mon-Fri	All India	trained MH counselors; English, Hindi, Bengali
9	Jagori	8800996840 (011) 26692700	9:30a-5:30p	Delhi NCR	English; Hindi
10	Gauravi Sakhi	1800 2332244	10a-6p; Mon-Sat	based in MP, takes calls from all over UP	
11	Women power line (Uttar Pradesh)	1090			
12	Women in Governance (Assam)	6003214180		Assam	Assamese only
13	Shakti Shalini	(011) 2437 3737; (011) 2437 24379	10a-5p; Mon-Fri	based in Delhi	
14	Domestic abuse national helpline	181			
15	Women/police helpline	1091; 1291			
16	Cehat	9029073154	24hrs	Mumbai	
17	CORO	9892632382	24hrs	Mumbai	
18	Urja Trust	7045991985; 7045731583; 9867910199	9a-7p	Mumbai	
19	Police helpline mumbai	103	24 hrs	Mumbai	
20	Vishakha (Man Samvaad)	18001800018	9a-11p; all days	Rajasthan	Mansamvaad is a state wide helpline for mental health issues, also receiving domestic violence complaints, and abortion or SHR related issues now. (Vishakha runs this helpline for the National Health Mission in Rajasthan);Hindi, local dialects of Rajasthan
21	Vishakha Mahila Salah Evam Suraksha Kendra	(0294) 2488339	10a-5p; Mon-Sat	Udaipur	For women & girls facing any form of violence; located in women's police thanas
22	Vishakha Mahila Salah Evam Suraksha Kendra	(0151) 2226121	10a-5p; Mon-Sat	Bikaner	For women & girls facing any form of violence; located in women's police thanas
23	Vishakha	7425018111	10a-7p; all days	Kota	Helpline for migrant students residing in Kota city