

National Helpline for Women:

1. **181** – Women Helpline (All India)
2. **1091** – Women Helpline (Police)
3. **112** – Emergency Helpline (National)
4. **1071** – National Disaster Helpline

Women-Specific Helplines:

5. **1098** – Child Helpline (For girls and children in distress)
6. **14425** – NALSA Legal Aid for Women
7. **011-24673366** – National Commission for Women (NCW)
8. **011-23317004** – Central Social Welfare Board (For distressed women)

State-Specific Women Helpline Numbers:

(Each state has a dedicated 181 and 1091 helpline. Below are additional helplines in different states.)

- **Delhi:** 011-23378044 (Delhi Commission for Women)
- **Maharashtra:** 022-26111103 (Mumbai Women Helpline)
- **Uttar Pradesh:** 1090 (Women Power Line)
- **West Bengal:** 033-23592200 (Kolkata Police Women Helpline)
- **Tamil Nadu:** 044-28592750 (Chennai Police Women Helpline)
- **Karnataka:** 0821-2418400 (Bangalore Women Helpline)
- **Rajasthan:** 0141-5156127 (Jaipur Women Helpline)
- **Madhya Pradesh:** 0755-2443850 (Bhopal Women Helpline)
- **Bihar:** 0612-1091 (Patna Women Helpline)
- **Punjab:** 0172-2740432 (Chandigarh Women Helpline)
- **Haryana:** 0124-2335100 (Gurgaon Women Helpline)
- **Gujarat:** 079-23251212 (Ahmedabad Women Helpline)
- **Kerala:** 1091 / 0484-2626026 (Kochi Women Helpline)
- **Telangana:** 181 / 040-27852400 (Hyderabad Women Helpline)

Additional Helplines for Women's Safety & Rights:

- **Cyber Crime (Women Safety):** 1930 / www.cybercrime.gov.in
- **Acid Attack Victims Helpline:** 011-23237166
- **Domestic Violence Helpline:** 181 / 1091
- **Sexual Harassment at Workplace (POSH Helpline):** 011-44770222
- **Women & Child Development Ministry:** 011-23382393