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<!DOCTYPE html>
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<html lang="en">
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<body>
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<head>
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<meta charset="UTF-8" />
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<meta name="viewport"  
content="width=device-width, initial-  
scale=1.0" />
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<title>SafeHaven</title>
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<link rel="stylesheet" href="style.css" />
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</head>
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<header>
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<h1>SafeHaven</h1>

<p>You are not alone. Help is one click away.</p>

</header>

<section class="buttons">

GBV Helpline SA

Childline SA

Mental Health Support

<aref="tel:031 312 9313"

[Child Welfare South Africa](#)

What SafeHaven is About

Our goal is to create a safe space where people can find support, share their stories and know they're not alone.alone.We want to raise awareness, offer resources and to a voice for feel silenced.silenced.Because everyone deserves to feel safe, heard and valued.

About Gender-based Violence and Bullying

Gender-based Violence(GBV)

Gender-based violence is when someone hurts or controls another person because of their gender. It's not just hitting — it can be threats, emotional abuse, financial control, or forced sex. No one deserves this.

Bullying

Bullying is when someone hurts, humiliates, or controls another person on purpose — over and over again.

It's not “just a joke.”

It's not “kids being kids.”

It's abuse in disguise.

You mental health matters





Gender-based violence and bullying

aren't just local issues — they are global crises. From schools in South Africa to streets in the U.S., from homes in India to workplaces in Europe, millions of people suffer silently every day. No country is untouched. No culture is immune. These problems cross borders, ages, and languages — and too often, they are ignored. But silence protects the abuser, not the survivor. By speaking out, educating others, and creating safe spaces, we can be part of a global movement to end this violence. It starts with one voice. Yours matters.</p>

</section>

<section class="resources">

<h2>Tips to Cope with Anxiety & Stress</h2>

-  Try the 4-7-8 breathing method: Inhale 4, Hold 7, Exhale 8
-  Talk to someone you trust. You're allowed to ask for help.
-  Take a walk.
-  Listening to music and rewind

</section>

<section class="playlist">

<h2>  Calming Music for You</h2>

<p>Take a breath, press play, and let the music carry you.</p>

<iframe style="border-radius:12px"

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src="https://open.spotify.com/playlist/4h2MD8T5fNW2Ss8sO5up68?si=dRx1xH06SDqSDc3g54gH1A&pi=YTXcae nXQ16wZ width=" 100%" height="152" frameBorder="0" allowfullscreen="" allow="autoplay; clipboard-write; encrypted-media; fullscreen; picture-in-picture" loading="lazy"></iframe>
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</section>
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<section class="therapists">
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<h2>Find Nearby Therapists</h2>
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<p>Use <a href="https://www.google.com/maps/search/therapists+near+me/" target="_blank">Google Maps</a> or visit <a href="https://www.lifeline.org.za/" target="_blank">LifeLine SA</a> to find
```

support services close to you. This can benefit you in many ways. </p>

</section>

<section class="Shelters">

<h2>Find shelters near you </h2>

<p> Use <a href="https://
www.google.com/maps/search/
shelters+near+me/"
target="_blank">Google Maps
</p>

<footer>

<p>💜 This web was built to help and support those are going through tough times. You are not alone there will always be someone going through the same

things as you. Speak up and get help. This is
a safe haven you.</p>

</footer>

</body>

</html>