

	<b>National Helpline Numbers</b>		
	<b>Number</b>	<b>Name</b>	<b>Description</b>
	<b>181</b>	National Womens Safety Helpline	A national toll-free helpline for women in distress on various issues like domestic violence, sexual harassment, and other forms of abuse.
	<b>7827170170</b>	National Commission for Women (NCW) Helpline	The NCW provides a helpline for women to report harassment and seek advice on legal issues.
	<b>7838957810</b>	Shakti Shalini Helpline (call/ Whatsapp)	Primarily serves the Delhi region but may offer guidance and support to women from other parts of India who reach out.
	<b>1091</b>	Police Helpline for Women	This helpline is available in many states across India and is usually operated by the police department for women in distress.
	<b>1098</b>	Childline	National emergency helpline for children in distress or need for assistance. Can be used for the protection of minors facing sexual harassment
	<b>State Helpline Numbers</b>		
	<b>These helplines are state specific in addition to the National helplines (181, 1091)</b>		
	<b>State</b>	<b>Helpline</b>	<b>Description</b>
	<b>Karnataka</b>	<b>080-2294-3225 Vanitha Sahayavani.</b>	Bengaluru based helpline for women
	<b>Maharashtra</b>	<b>103 Damini Squad.</b>	A specialized squad that patrols public spaces to prevent and address harassment against women.
	<b>Telangana</b>	<b>100/9490617100 SHE Teams.</b>	Specialized police units focused on preventing and addressing harassment against women in public spaces
	<b>Uttar Pradesh</b>	<b>1090 Women Power Helpline.</b>	
	<b>Punjab</b>	<b>100 Mahila Mitra</b>	A community policing initiative where female officers help women report crimes in a supportive environment.
	<b>Kerala</b>	<b>0484-234-4340 Snehitha Gender Help Desk.</b>	Snehitha provides 24/7 support to women, offering counseling, legal assistance, and temporary shelter for those facing violence or harassment. It is part of the Kudumbashree initiative in Kerala.
	<b>Delhi</b>	<b>181 Crime Against Women (CAW) Cells.</b>	
	<b>Rajasthan</b>	<b>1090 Aastha Helpline</b>	
	<b>Madhya Pradesh</b>	<b>1090 Gauravi One-Stop Crisis Center</b>	
	<b>Haryana</b>	<b>Durga Shakti App.</b>	allows women to send an SOS alert to the nearest police control room in case of distress, ensuring rapid police intervention.