

# EMERGENCY WOMEN'S HELPLINES

## STATE-WISE DIRECTORY FOR INDIA

---

**Document Purpose:** This directory serves as a critical resource for women's safety across India. It compiles verified emergency contact numbers for national support services, state-specific police helplines, and women's commissions. It is designed to be printed and kept accessible for immediate reference during crisis situations.

### 1. National Emergency Helplines

---

These numbers are applicable across most states and Union Territories in India. It is recommended to save these numbers in speed dial.

Service	Number	Description
Women Helpline (All India)	181	24/7 Domestic abuse & distress intervention
Police Emergency	100	Immediate police response
Emergency Response Support System	112	Single number for Police, Fire, and Ambulance
National Commission for Women	7827-170-170	WhatsApp helpline for reporting crimes
Cyber Crime Helpline	1930	Reporting online harassment & cyber fraud
Child Helpline	1098	For children in distress

### 2. State-Wise Emergency Helplines (A-Z)

---

#### Andhra Pradesh

Women Helpline	181
----------------	-----

Disha SOS App Helpline	100 / 112
AP Women Protection Cell	0866-2436555

### **Arunachal Pradesh**

Women Helpline	181
Police Control Room	0360-2212396
State Commission for Women	0360-2351788

### **Assam**

Women Helpline	181
Guwahati Women's Cell	0361-2540101
State Commission for Women	0361-2220355

### **Bihar**

Women Helpline	181
Bihar Police Women Cell	0612-2233697
Patna Women's Cell	0612-2214415

### **Chhattisgarh**

Women Helpline	181
Abhivyakti Helpline	1091
State Commission for Women	0771-2510066

### **Goa**

Women Helpline	181
Goa Police Women's Cell	0832-2422577
State Commission for Women	0832-2225499

### **Gujarat**

Abhayam Helpline	181
State Commission for Women	079-23251288

Ahmedabad Women's Cell	079-25630346
------------------------	--------------

### **Haryana**

Women Helpline	181
Haryana Women Commission	0172-2583612
Durga Shakti App Helpline	112

### **Himachal Pradesh**

Women Helpline	181
HP State Commission for Women	0177-2629829
Shimla Women's Cell	0177-2812344

### **Jharkhand**

Women Helpline	181
Jharkhand State Commission for Women	0651-2490036
Ranchi Women's Cell	0651-2208781

### **Karnataka**

Women Helpline	181
Vanitha Sahayavani	1091
Bangalore City Police Women's Cell	080-22943225
State Women's Commission	080-22100435

### **Kerala**

Women Helpline	181
Mitra Helpline	1800-599-0100
Pink Police Patrol	1515
State Women's Commission	0471-2322590

### **Madhya Pradesh**

Women Helpline	181
----------------	-----

Bhopal Women's Cell	0755-2443860
State Commission for Women	0755-2661813

### **Maharashtra**

Women Helpline	181
Nirbhaya Squad (Mumbai)	103
Mumbai Police Women's Cell	022-22633333
Pune Women's Cell	020-26122526

### **Manipur**

Women Helpline	181
State Commission for Women	0385-2451340
Police Control Room	100

### **Meghalaya**

Women Helpline	181
State Commission for Women	0364-2224307
Shillong Women's Cell	0364-2224055

### **Mizoram**

Women Helpline	181
State Commission for Women	0389-2349291
Police Control Room	100

### **Nagaland**

Women Helpline	181
State Commission for Women	0370-2270131
Kohima Women's Cell	0370-2243011

### **Odisha**

Women Helpline	181
----------------	-----

Mahila Police Station (Bhubaneswar)	0674-2540100
State Commission for Women	0674-2536625

### **Punjab**

Women Helpline	181
State Commission for Women	0172-2742684
Police Control Room	100

### **Rajasthan**

Women Helpline	181
Mahila Salah Evam Suraksha Kendra	1091
Jaipur Women's Cell	0141-2621417

### **Sikkim**

Women Helpline	181
State Commission for Women	03592-202585
Police Control Room	100

### **Tamil Nadu**

Women Helpline	181
All Women Police Station	1091
Chennai Women's Cell	044-28592233
State Commission for Women	044-28592750

### **Telangana**

Women Helpline	181
SHE Teams / Bharosa Centre	100 / 040-27853572
Hyderabad Women's Cell	040-27852093

### **Tripura**

Women Helpline	181
----------------	-----

Agartala Women's Cell	0381-2324789
State Commission for Women	0381-2324153

### Uttar Pradesh

Women Power Line	1090
Women Helpline	181
Lucknow Women's Cell	0522-2638366

### Uttarakhand

Women Helpline	181
Dehradun Women's Cell	0135-2655286
State Commission for Women	0135-2712836

### West Bengal

Women Helpline	181
Kolkata Police Women's Grievance Cell	033-22143230
Swayam Helpline	033-24754025

## 3. Union Territories Emergency Helplines

---

### Andaman and Nicobar Islands

Women Helpline	181
Police Control Room	100

### Chandigarh

Women Helpline	181
Women's Cell	0172-2749012
Commission for Women	0172-2784629

### Dadra and Nagar Haveli and Daman and Diu

Women Helpline	181
----------------	-----

Police Control Room	100
---------------------	-----

### Delhi (NCT)

Women Helpline	181
Delhi Police Women Helpline	1091
Crime Against Women Cell	011-24673366
Delhi Commission for Women	011-23378044

### Jammu and Kashmir

Women Helpline	181
Srinagar Women's Cell	0194-2477548
Jammu Women's Cell	0191-2546555

### Ladakh

Women Helpline	181
Police Control Room Leh	01982-252018

### Lakshadweep

Women Helpline	181
Police Control Room	100

### Puducherry

Women Helpline	181
Women's Cell	0413-2339078
Commission for Women	0413-2203768

## 4. About Specialist Franklin Joseph and Self-Defense Training Programs

---

### Power to Women Corporate Self-Defense Workshop

**Specialist Franklin Joseph** is a TEDx Speaker and India's leading expert in corporate self-defense training and women's safety. He is the founder of the *Power to Women Corporate Self-Defense Workshop*, which has trained thousands of women across leading organizations

including Google, Amazon, Tata, DRDO, Israel Consulate General, GE, Goldman Sachs, P&G, and many more.

The Power to Women methodology integrates Israeli Military Krav Maga with over 21 psychological skills, focusing on four critical phases: prevention through awareness, avoidance through strategic decisions, de-escalation through communication, and escape through physical response. This comprehensive approach goes beyond traditional self-defense by addressing criminal psychology, pre-crime indicators, environmental assessment, and threat behavior patterns.

The program has earned a 4.9 rating on Google with hundreds of reviews from participants and has been featured in major publications including Times of India, Deccan Chronicle, and New Indian Express.

### **iTeachiPower - Girl Train, Educate, Lead, Mentor, Empower (G.T.E.L.M.E.) Workshop**

The iTeachiPower program is a specialized self-defense workshop designed specifically for school and college students. This age-appropriate training empowers young girls through the G.T.E.L.M.E. framework:

<b>Train</b>	Practical self-defense techniques suitable for young women
<b>Educate</b>	Understanding personal safety, boundaries, and rights
<b>Lead</b>	Developing confidence and decision-making capabilities
<b>Mentor</b>	Creating peer support systems and safety awareness
<b>Empower</b>	Building psychological resilience and self-confidence

This program addresses the unique safety challenges faced by students in educational environments, public transportation, and social settings, equipping them with both physical techniques and psychological tools for lifelong personal safety.

**For Power to Women Corporate Workshops : Visit: [www.powertowomen.in](http://www.powertowomen.in)**

**For iTeachiPower School & College Workshops: Visit: [www.iteachipower.in](http://www.iteachipower.in)**

Contact Franklin Joseph @ **9886769281** for corporate or institutional training programs.

---

**Disclaimer:** Emergency helpline numbers are subject to change by local authorities. While this document is updated to provide current information, it is recommended to verify local numbers periodically. In any immediate life-threatening emergency, dial 112.