

Helplines for Stress Management, reporting domestic violence

Organization/Agency	Phone Number/Web link/email
Women Helpline (All India) - Women In Distress	1091
Women Helpline Domestic Abuse	181
Police	100
National Commission For Women (NCW) (All India)	011-26942369, 011-26944754
	http://www.ncw.nic.in/helplines
	complaintcell-ncw@nic.in
Shakti Shalini - women's shelter	01124373736/ 24373737
Sakshi - violence intervention centre	01242562336/ 5018873
Delhi Police Helplines	
Helpline for queries related to COVID 19	011-23469526 (24x7) covid19-helpdesk@delhipolice.gov.in
Professional advice on psychosocial issues including how to manage stress and anxiety	08046110007