

Helplines and Emergency Services

Several helplines and emergency services are available to women in distress across India. These services provide immediate assistance, counseling, and guidance.

- **National Commission for Women (NCW) Helpline:** Provides counseling and support to women in distress. Contact number: 011-26942369, 011-26944805.
- **1091:** Women's Helpline - a toll-free number available in many states, offering assistance to women facing harassment or violence.
- **112:** Emergency Response Support System (ERSS) - a single emergency number for police, fire, and ambulance services.
- **181:** Women Helpline - a 24-hour toll-free helpline available in several states, providing information, counseling, and referral services.
- **Local Police Stations:** Contact the nearest police station in case of an emergency or to report a crime.