

Where can I report the domestic violence and abuse, I am facing?

If you are experiencing domestic violence and abuse (DVA), you have several options for reporting it:

Dial 100: If you are in immediate danger and facing violence you can dial 100. Always keep 100 on your speed dial and if needed teach your children how to call and report. If not ask a friend, neighbor, or an NGO in your area to dial 100 for you

Send an SOS message: as a text or WhatsApp message to your loved ones or family members who are aware of your situation. They can call the police helpline on your behalf

Call DVA helpline/support group: You can call a domestic violence hotline for advice, support, and information on how to get help. They can also provide you with resource details in your area

Report to your State Women's Commission: If a case is not urgent and there is no threat to life or safety, then you can write an email or call your very own State Women's Commission numbers or email IDs

If you are experiencing domestic violence and abuse (DVA), it's crucial to know that you have several options for reporting and seeking help:

1. **Dial 100:** If you are in immediate danger and facing violence, call 100 for emergency assistance. Always keep this number on your speed dial, and consider teaching your children how to call and report if they ever find themselves in a dangerous situation. If you are unable to call, ask a trusted friend, neighbor, or an NGO in your area to dial 100 on your behalf.

2. **Send an SOS Message:** Consider sending an SOS message as a text or WhatsApp to your loved ones or family members who are aware of your situation. They can then contact the police helpline for you, ensuring you receive the help you need.

3. **Call a DVA Helpline/Support Group:** Reach out to a domestic violence hotline for advice, support, and information on how to get help. These hotlines can provide you with valuable resources, information about local services, and guidance on your next steps.

4. **Report to Your State Women's Commission:** If your situation is not urgent and there is no immediate threat to your life or safety, you can reach out to your State Women's Commission. You can write an email or call their dedicated numbers for assistance and support.

Remember, you are not alone, and there are resources available to help you navigate this challenging situation. Prioritize your safety and reach out for the support you deserve.