

**CALL FOR HELP**  
**Helplines. Counselling. Emergency shelter. Safe Homes. Legal Aid.**  
**For women in distress.**

Emergency helpline for women	1091	only from a BSNL landline	
<b>AVAILABLE 24 HOURS TO HELP</b>			
Aashraya (Andhra Mahila Sabha)	Short-stay shelter home, counselling, legal aid, medical and psychiatric support	044-24642566 (24 hours)	12, Rosary Church Road Santhome, Chennai 600 004  (drop-in 24 hours)
Annai Fathima Child Welfare Centre	Phone counselling	9444444874 (24 hours)	No. 34, East Mada Street Mylapore, Chennai 600 004
Aruwe	Counselling and referral services, legal aid, psychiatric support	044- 26454615 (24 hours)	No. 11, Solaiamman Koil Street Ayanavaram, Chennai 600 023
PCVC (International Foundation for Crime Prevention and Victim Care) pcvc2000@yahoo.com	Shanthi Crisis Line, shelters or other emergency residential facilities, medical services, transportation networks, assistance in finding housing or relocating, other emotional support, legal assistance	044-43111143 (24 hours)	2030, 13 <sup>th</sup> Main Road, Anna Nagar West Chennai 600040.
Sneha help@snehaindia.org	Emotional support to the depressed, desperate and suicidal	044-24640050 (24 hours)	11, Park View Road R.A. Puram, Chennai 600028.  (drop-in 8am to 10pm)
<b>ALSO AVAILABLE TO HELP WOMEN IN DISTRESS</b>			
Kalaiselvi Karunalaya Social Welfare Society	Short-stay shelter home, legal clinic, counselling	044-26359495 (10 am to 6pm) 044-26257779 (after 6pm)	3/PP1, Mogappair West Chennai 600 037 (Near Vavin Bus Stand)
Rishi Abhaya Nilayam	Short stay home for young women and girls	044-24981679	36/187, Kutchery Road Mylapore, Chennai 600 004.
Sahodari (YWCA) ywca_sahodari@yahoo.com	Short-stay shelter home, counselling, legal aid, medical and psychiatric support	044-25321737 044-26431200 (9am – 5pm)	1086, Poonamallee High Road Chennai 600084.  Shelter services open 6am to 11pm
An information initiative of the Prajnya 16 Days Campaign against Gender Violence 2009 Please display in a prominent location. For more details, please email <a href="mailto:prajnyatrust@gmail.com">prajnyatrust@gmail.com</a>			

This information is accurate as on 9 December 2009. In case of discrepancies, please verify with concerned organisations. Any updates to Prajnya will be appreciated.