

EMERGENCY HELPLINE DIRECTORY

Bengaluru, Karnataka & Pan-India

SERVICE	NUMBER	DETAILS
Pan-India Emergency	112	Single number for Police, Fire, and Ambulance. Similar to 911. Works even without SIM in some phones.
Mental Health & Suicide Prevention	14416	Tele-MANAS (Govt of India). Free, 24/7 confidential counseling in 20+ languages.
Cyber Crime Helpline	1930	Call immediately for financial fraud (UPI/bank scams). The "Golden Hour" for freezing lost money is within 1 hr.
Women's Helpline	181 1091	181: Domestic Violence counseling & legal aid. 1091: Police Women's Cell. Bengaluru Vanitha Sahayavani: 080-22943225.
Child Helpline	1098	"Childline" for reporting lost children, child abuse, or child labor. 24/7 service.
Senior Citizen Helpline	14567	"Elderline" - National helpline for elder abuse, rescue, and emotional support.
Anti-Ragging	1800-180-5522	National Anti-Ragging Helpline for college students.
Karnataka Health	104	"Arogya Sahayavani" - General health information and counseling.
Private Crisis Line	022-25521111	iCALL (TISS) - Professional psychosocial counseling.
Bengaluru NGOs (Women)	080-25492781	Vimochana: Crisis intervention and legal support for women facing violence.
NIMHANS counseling	080-46110007	National Institute of Mental Health & Neuroscience helpline

- **112 India App:** Official Govt app with panic button that alerts volunteers & police with GPS
- **Suraksha App (Bengaluru):** Bengaluru City Police specific. SOS triggers a Hoysala patrol vehicle response.
- **Namma Yatri / Ola / Uber:** Always use the "Share Ride" features for travel safety.
- **mParivahan:** Useful for verifying vehicle/owner details during road incidents.

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