

Find a helpline

If you find yourself facing online abuse or harassment and you need somebody to talk to, you can get in touch with the resources listed below:

Center for Social Research WhatsApp Help Centre

Get in touch with the CSR team at: +91 8826888302

They can help you with basic digital security or more serious problems like impersonated profiles or online harassment. CSR also has an in-house counsellor who can help you if you find yourself in a dire situation.

Hidden Pockets

You can submit a question to the Hidden Pockets team at: <http://www.hidden-pockets.com/ask-questions-on-sexual-and-reproductive-health/>

Hidden Pockets works at the intersection of sexual and reproductive rights and technology. They can help with questions you may have regarding cybercrimes and how you can deal with it.

Indian Cyber Army

You can call the Indian Cyber Army helpline at +91 99686 00000

If you need to deal with things payment fraud or keeping your account secure, you should get in touch with the team at Indian Cyber Army.

National Commission for Women

National Helpline Number: 1090/1091