Human Rights & Grievance Redressal Helplines

1. National Human Rights Commission (NHRC), India
   - Toll-free Helpline: 14433
   - Email: complaint.nhrc@nic.in
   - Website: https://nhrc.nic.in
2. Goa Human Rights Commission (GHRC)
   - Telephone: 0832-2424031 / 0832-2424032
   - Fax: 0832-2424033
   - Email: sect-ghrc.goa@nic.in
   - Website: https://goahumanrightscommission.goa.gov.in
3. Emergency and Other Grievance Helplines
   - Emergency: 112
   - Women Helpline: 181
   - Child Helpline: 1098
   - Legal Aid (NALSA): 15100
4. Civil Society Organisations (NGOs)
   - ARZ (Anyay Rahit Zindagi), Goa- Anti-human trafficking and support services:
     - Quick Response: +91 9850962390 /+91 9850962340
     - Primary Mobile Helpline: +91 9422438109
     - Office Landline: 0832 2501416
     - Email: arzindia@gmail.com
   - Bailancho Ekvott:
     - Quick Response: +91 94238 84669
     - Office Landline: 0832-2705025
     - Email: ekvott@yahoo.co.in
   - Children's Rights in Goa (CRG):
     - Mobile Helpline: +91 98229 83336
     - Email: crg.goa@gmail.com
   - SCAN-Goa (Stop Child Abuse Now):
     - Quick Response: +91 94223 89926 / +91 88064 79972
     - Email: info@scan-goa.in / scan.panaji@gmail.com