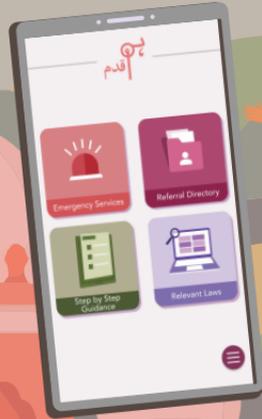


Referral Directory of Response Services for Violence Against Women and Girls



PUNJAB

REFERRAL DIRECTORY PUNJAB



INTRODUCTION

This referral directory made under the project ‘HumQadam’ funded by United Nations Trust Fund (UNTF) provides contact information regarding services that respond to cases of violence against women and girls especially Domestic Violence and Child Marriages, and other human rights violations. This includes police and law enforcement, government helplines, ministries and commissions as well civil society organizations that provide legal aid, psycho-social support at National, Provincial level, Provincial level as well as in sixteen districts (Peshawar, Mardan, Swat, Quetta, Jafferabad, Karachi, Hyderabad, Benazirabad (Nawabshah), Sukkur, Lahore, Vehari, Okara, Kasur, Toba Tek Singh, Rawalpindi, Multan). The aim of the directory is to facilitate Women Human Rights Defenders/Community Leaders as well as women survivors of violence in securing themselves and their rights. The information for the directory was collected directly from institutions and individual actors which includes women shelter staff, departments of police and health, hospitals, lawyers, journalists and civil society organizations (CSOs) with the hope that this directory will provide multi-sectoral referral pathways for ensuring timely services to victims of violence as well as W/HRDs/Community Leaders. This directory has been developed under the ‘HumQadam’ funded by United Nations Trust Fund (UNTF) implemented by Shirkat Gah Women’s Resource Center (SG). HumQadam has been working in six districts (Quetta, Hyderabad, Benazirabad, Lahore, Mardan & Swat, with women human rights defenders (W/HRDs), female and male leaders from civil society and Community Based Organisations, by enhancing knowledge of women and girls’ rights in Pakistan and building linkages with government and private service providers to allow improved access to rights and freedoms by women and girls.

This directory and the telephone app developed with it will not only give them knowledge about Government helplines for reporting violence, but also on the navigation processes of reporting violence, getting safe access to government shelters.

We would like to acknowledge the hard work put in by the team: Farah Moqaddus, Fauzia Ali, Rahila Ali, Seema Batool, Anwar Baloch, Afshan Khan, Zahid Zahoor, Rubina Akbar, Rahila Shaikh, Najam Gillani, Ghulam Murtaza Qadri field and SCO partners of SIMORGH – Women’s Resource and Publication Centre in collection information in Punjab. Ameena Rahman and Farah Moqaddus for collection and verification of numbers; contacting government departments for accurate information and compiling data for referral Directories.

PUNJAB

NATIONAL HELPLINES



POLICE & LAW ENFORCEMENT

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Police Helpline	Phone: 15 Hours of Operation: 24/7	Police helpline in case of threat, emergency or to report a crime
2	Cyber Rescue Helpline - Federal Investigation Agency (FIA)	Phone: 9911 Hours of Operation: 24/7	Provides assistance regarding Cyber Crime related issues and complaint registration

GOVT. MINISTRIES, OMBUDSPERSONS AND COMMISSIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Federal Ministry of Human Rights (MoHR) Helpline for Legal Advice	<p>Helpline: 1099 Whatsapp: 03339085709</p> <p>Address: 9th Floor, New Pak Secretariat (Kohsar Block), Sector F-5, Islamabad</p> <p>Hours of Operation: All week, 10am - 10pm</p>	MoHR's toll-free helpline deals with individuals facing any form of human rights violations. The service also provides free legal aid.
2	Federal Ombudsman Secretariat For Protection Against Harassment (FOSPAH)	<p>Phone: 051 9264444 051 9262944;</p> <p>Email: info@fospah.gov.pk</p> <p>Address: First Floor, Local Government and Rural Development Complex, Opposite ILO, Near State Bank of Pakistan, Sector: G-5/2, Islamabad</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	FOSPAH has been set up to protect women against harassment at the workplace, including sexual comments, offensive gestures, cat calling, offensive innuendos and blackmailing. FOSPAH has an Online Complaint Management System and regional offices present in Karachi and Peshawar.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	National Commission on the Status of Women (NCSW)	<p>Phone: 051-9224875</p> <p>Address: 1st Floor, State Life Building No. 5, China Chowk, Blue Area, Islamabad</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>The role of NCSW is to promote social, economic, political and legal rights of women as laid down in the constitution of Pakistan and in accordance with International treaties and covenants. It works to make sure that institutional mechanisms for redressal of violations of women's rights are working properly.</p>
4	National Commission for Human Rights (NCHR) Complaint Cell	<p>Phone: 051-9216771</p> <p>Address: NCHR, 5th Floor, Evacuee Trust Complex, Aga Khan Road, Islamabad</p> <p>Hours of Operation: N/A</p>	<p>The Commission is mandated to work for promotion and protection of human rights with the powers to take suo- moto action on cases of human rights violation. An online complaint cell was established NCHR in 2014, where citizens can report any abuse or violation of human rights.</p>



CIVIL SOCIETY ORGANIZATIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Digital Rights Foundation (DRF)	<p>Helpline: 0800-39393</p> <p>Email: helpdesk@digitalrightsfoundation.pk</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	The Helpline provides a free safe and confidential service. It aims to provide legal advice, digital security support, psychological counseling and a referral system to victims of online harassment
2	Rozan	<p>Toll-free Helpline: 0800-22444 </p> <p>In-person Counselling: 0335-5000403 0333-4662247</p> <p>Address: Rozan Ghar, Adjacent Bahria Enclave, Pind Bhagwal Road, Islamabad 44000, Pakistan</p> <p>Hours of Operation: Monday to Saturday, 10am to 6pm</p>	Telephonic counselling service, also provides help in person and through email. Their goal is to raise awareness among general population, to reduce stigma associated with Mental Health concerns and to reach out to individuals nationwide

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Sahil	<p>Phone: 051-2260636 051-2856950 051-2850574 (Direct Line for Counseling)</p> <p>Address: Office No.13, First Floor, Al-Babar Center, F-8 Markaz, Islamabad, Pakistan</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>Sahil provides legal aid for victims of child sexual abuse. A referral system of lawyers deals with outreach Child Sexual Abuse cases. Jeet Healing Center (JHC) for Counseling. Free Services for all psychological issues including trauma of child sexual abuse. The Jeet Healing Centre (JHC) is comprised of a team of trained and qualified psychologists; both male and female. The goal of the Jeet Healing Centre is to provide effective and professional services through</p> <ol style="list-style-type: none"> 1- In-person Counseling 2- Telephonic Counseling 3- Email Counseling 4- Out-reach

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
4	Bedari	<p>Phone: 051 4856619-20 0341 4444544 0300-5251717 (Helpline)</p> <p>Email: bedari@bedari.org.pk</p> <p>Address: I.J.P. Road, Dhoke Babu Irfan, Islamabad, Rawalpindi, Islamabad Capital Territory</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>Bedari is an NGO which works to protect women and children. The organisation also provides legal aid, counseling and referral to relevant institutions like shelter homes</p>
5	Pakistan Human Rights Defenders Network (PHRDN)	<p>Phone: 03345865041</p> <p>Hours of Operation: 24/7</p>	<p>The Network works for the protection of human rights defender through advocacy and by providing immediate assistance to those at risk in this regard. It provides guidance on how to deal with the threat they face and link them with support services</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
6	Dastak Charitable Trust	<p>Crisis Helpline: 0333-4161610 Phone: 0333-4169696</p> <p>Email: info@dastak.org.pk cru@dastak.org.pk (Child Rights Unit)</p> <p>Address: 4-C, Sabzazar Block C Sabzazar Housing Scheme Phase 1 & 2</p> <p>Hours of Operation: Monday to Saturday, 9am - 5pm</p>	Dastak is centered around providing relief to individuals facing domestic and gender-based violence, it serves to protect women and children by giving them shelter and legal aid.
7	Bonded Labour Liberation Front (BLLF)	<p>Phone: 0423-6361944</p> <p>Email: bllf.pak@gmail.com</p> <p>Address: Freedom Campus, 4-A Lawrence Road, Lahore, Punjab</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	The organisation works towards the eradication of bonded labor, injustice, illiteracy, inequality and poverty in Pakistan through awareness and policy interventions. It also provides victims of bonded labour with rescue, prosecution, and rehabilitation services.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
8	<p>Human Rights Commission of Pakistan (HRCP)</p>	<p>Phone: 0423-5864994</p> <p>Address: 97 Shakir Ali, Tipu Block, New Garden Town, Lahore</p> <p>Hours of Operation: Monday to Friday, 9:30am to 4:30pm</p>	<p>Provide legal aid and expertise to victims of violation and to individuals and groups striving to protect human rights</p>
9	<p>Democratic Commission for Human Development</p>	<p>Phone: 042 35168215 04235168214</p> <p>Address: House No. 186 (Haji Saddique), Near Madina Masjid, N-Block, Model Town, Lahore</p> <p>Hours of Operation: Monday to Friday, 9:30am to 4:30pm</p>	<p>DCHD works to for the promotion of Human Rights, end of discrimination against women and girls, child's rights and social justice adn equality for all. It provides guidance adn referral services for human rights cases especially of threats relating to Human Rights Defenders.</p>

PUNJAB HELPLINES



POLICE AND LAW ENFORCEMENT

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Police Helpline	<p>Phone: 15</p> <p>Hours of Operation: 24 hours 7 days a week</p>	Police helpline in case of threat, emergency or to report a crime.
2	IG Punjab Complaint Helpline	<p>IGP Complaint Helpline: 1787 Phone: 042-99210062-3</p> <p>Hours of Operation: 24/7</p>	Police complaint helpline set up by the Inspector General Punjab office and deals with issues such as Non-Registration of FIRs, Faulty Investigations, Illegal detention, Arrests of innocent persons, Registration of false FIR, Demand of illegal gratification

GOVT. MINISTRIES, OMBUDSPERSONS AND COMMISSIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Chief Minister's Office Complaint Cell	<p>Phone: 0800-02345 (Helpline)</p> <p>Website: http://www.cmpunjab.gov.pk/OCC/UI/OnlineComplaint.aspx</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>Established by the CM Office and can be accessed all over Punjab through the online portal. Complaints can be directed towards various concerned departments against a number of issues. Relevant areas of complaints listed are as follows</p> <p>Complaints against Illegal Occupation of Land/House/Plot, Kidnapping/Abduction, Rape Redressal of Grievances; Request for Action Against Maltreatment by Police, Arrest of Accused, Change of Investigation, Fair Investigation of Case, and Registration of FIR</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
2	Office of the Ombudsperson Punjab	<p>Phone: 042-99211780</p> <p>Address: Prof. Ashfaq Ali Khan Road, Lahore</p> <p>Hours of Operation: 9am to 5pm</p>	<p>The Ombudsman Punjab has the mandate to protect the rights of the people, ensuring adherence to the rule of law, diagnosing, redressing and rectifying any injustice done to a person through maladministration and suppressing corrupt practices. The Ombudsman may on a complaint by any aggrieved person; or on a reference by the Government or the Provincial Assembly; or</p> <p>on a motion of the Supreme Court or the High Court; or on his own motion (Suo Moto), undertake any investigation into any allegation of maladministration on the part of any Agency or any of its officers or employees. (Section 9(1): The Punjab office of the Ombudsman Act, 1997)</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Ombudsperson Punjab for Sexual Harassment of Women at the Workplace	<p>Phone: 042-99233348-50</p> <p>Address: 197-Abubakar Block, Garden Town, Lahore</p> <p>Email:ombudspersonpunjab.gov.pk@gmail.com it.ombudsperson@gmail.com</p> <p>Hours of Operation: Monday to Friday, 9am to 4pm</p>	<p>The Office of the Ombudsperson was setup to facilitate women; it provides informal conflict resolution, mediation services and advocacy for fair treatment and fair process. All the services provided are confidential. Written applications can be submitted directly to the office, through post or online. Android mobile application for registration or appeal of complaints is also available.</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
4	Women Development Department (WDD)	<p>Phone: 042-99268446;</p> <p>Email: sot@wdd.punjab.gov.pk</p> <p>Address: 37, Main Gulberg, Lahore, Punjab</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>The Department was established to promote gender equality and women empowerment through legislation, policy formulation and sectoral planning for women development. It is also mandated to promote and monitor the execution of national and provincial policies and commitments on gender reforms and women development.</p>
5	Social Welfare Department (SWD)	<p>Phone: 042- 992 04149, 042-99204768</p> <p>Address: 41 Empress Rd, Lahore</p> <p>Hours of Operation: Monday to Friday, 8am to 4pm</p>	<p>The SWD works towards providing an equitable and well-functioning social protection system anchored at the principles of empowerment and inclusion for all, particularly the marginalized. In addition, it is responsible for coordination and ensuring responsive social protection services for the communities in general, poor and vulnerable in particular, by mobilizing partnerships and developing organizational capacities</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
6	Punjab Commission on the Status of Women (PCSW)	<p>Helpline: 1043 Phone: 042-99268000 042-99268004</p> <p>Website: https://www.pcswpb.org/public/complaint_form.php</p> <p>Address: 88 Shadman II, Lahore</p> <p>Hours of Operation: 24/7</p>	<p>The Punjab Women's toll-free Helpline is available 24/7. Managed and supervised by PCSW, the helpline team comprises of all-women call agents, three legal advisors, psycho social counselor, supervisors and management staff to address inquiries and complaints and provide psycho-social counseling on a range of gender-specific issues.</p>
7	National Commission for Human Rights (NCHR) Punjab	<p>Phone: 042 993 321 168</p> <p>Address: 23-D/1, FCC, Syed Muratib Ali Road, Gulberg-IV, Lahore</p> <p>Hours of Operation: Monday to Friday, 9am to 4pm</p>	<p>The Commission is mandated to work for promotion and protection of human rights with the powers to take suo- moto action on cases of human rights violation.</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
8	Punjab Child Protection and Welfare Bureau (CPWB)	<p>Helpline: 1121 Phone: (042) 99252275</p> <p>Address: Anguri Bagh Scheme, Shalimar Link Road, Muslim Colony, Lahore</p> <p>Hours of Operation: 24/7</p>	The helpline provides assistance and support to children subjected to violence, exploitation, abuse and neglect. The helpline also provides information and guidance regarding child rights. The Bureau also runs a shelter for children.
9	Punjab Women Protection Authority	<p>Phone:042-99333817</p> <p>Address: Near Filter Hospital, Wahdat Colony, Wahdat Rd,Lahore</p> <p>Email:pwpa.official@pwpa.punjab.gov.pk</p> <p>Hours of Operation: Monday to Friday, 9:00 AM to 5:00 PM</p>	The Women Protection Authority (WPA) is a government agency that provides protection and assistance to women who have experienced violence or abuse.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
10	Punjab Social Protection Authority	<p>Address:78-79, D-Block, New Muslim Town, Wahdat Road, Lahore</p> <p>Phone: 042-99232359-60</p> <p>Email: info@pspa.punjab.gov.pk</p> <p>Hours of Operation: 09:00 AM - 05:00 PM</p>	<p>The Punjab Social Protection Authority (PSPA) is a government entity in the Punjab province of Pakistan responsible for implementing social protection programs and initiatives aimed at supporting the most vulnerable and marginalized populations in the province. to reduce poverty, promote social inclusion, and improve the well-being of the most vulnerable populations in the Punjab province.</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
11	Children Complaint Helpline Chief Provincial Commissioner for Children	Helpline: 1050 Hours of Operation: 24/7	<p>The helpline was set up in 2015 and is handled by the office of the Chief Provincial Commissioner for Children, in the office of the Ombudsperson Punjab. It is a toll-free service where all complaints regarding children rights violation can be registered and receive status updates of registered complaints. Complaints can be made for cases of forced labour, physical, mental and sexual abuse.</p>



CIVIL SOCIETY ORGANIZATIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Centre for Legal Aid Assistance & Settlement (CLAAS)	<p>Email: joseph.claaspk@gmail.com;</p> <p>Address: 160, Hamza Town, Opposite Youhanabad, Ferozepur Road, Lahore.</p> <p>Hour of Operation: 10:00 am to 04:00 pm Monday to Friday</p>	<p>It offers legal aid and financial support to families whose loved ones are unjustly murdered, raped or forced into marriages to Muslim men, as well as free legal aid to those falsely accused of blasphemy and other discriminatory charges. It also provides shelter for girls and young women who are victims of rape, forced marriages and forced conversions to Islam.</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
2	Shirkat Gah Women's Resource Centre	<p>Phone: 0423-5838815</p> <p>Address: 68 Tipu Block, New Garden Town Lahore</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>Shirkat Gah provides support to women and girl victims of forced marriages, sexual and physical violence"Shirkat Gah - Women's Resource Centre (SG) started as a feminist collective in Pakistan in 1975 and today is a women-led resource centre for women across Pakistan and beyond that assists women and marginalized communities to be more resilient, better informed, vocal, visible and organized for inclusive and democratic societies in which everyone is free from violence, enjoys dignity, rights, and quality services.</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Aurat Foundation	<p>Phone: 0333-4885946 (Zubair)</p> <p>Address: 16-J Block, Firdous Market, Gulberg II, Lahore</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	Aurat Foundation works to facilitate and strengthen civil society groups and networks to mobilize public pressure for women's empowerment
4	National Commission for Justice and Peace (NCJP)	<p>Phone: 0423-6668692</p> <p>Address: No. 8 Officers Colony, Walton Road, Lahore Cantt.</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	NCJP provides services in the field of human rights and works to counter religious and other types of discrimination. It has seven offices around Pakistan which provide legal aid and human rights education

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Human Rights Commission of Pakistan (HRCP)	<p>Phone: 0423-5864994 HRCP: Women Complaint Cell Phone: 042-35845969 Email: complaints@hrcp-web.org</p> <p>Address: 97 Shakir Ali, Tipu Block, New Garden Town, Lahore</p> <p>Hours of Operation: Monday to Friday, 9:30am to 4:30pm</p>	Provide legal aid and expertise to victims of violation and to individuals and groups striving to protect human rights. The Women complaint cell focuses on dealing with human rights violations of women, providing guidance and linkage with law enforcement and free legal aid.
6	Democratic Commission for Human Development	<p>Phone: 042 35168215 04235168214</p> <p>Address: House No. 186 (Haji Saddique), Near Madina Masjid, N-Block, Model Town, Lahore</p> <p>Hours of Operation: Monday to Friday, 9:30am to 4:30pm</p>	DCHD works to for the promotion of Human Rights, end of discrimination against women and girls, child's rights and social justice and equality for all. It provides guidance and referral services for human rights cases especially of threats relating to Human Rights Defenders.



EMERGENCY SERVICES/RESCUE 1122

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Rescue 1122	Phone: 1122 Hours of Operation: 24/7	Emergency ambulance and rescue services

Cutout Area

KASUR HELPLINES

GOVERNMENT BODIES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Social welfare department District Kasur	<p>Phone no. 0322-4548759(DDSW Kasur) 0492770342 0300-9565729 (S/C) 0304-4722596 (J/C) 0305-8080530</p> <p>Address: Muneer Shaheed Colony, near Shahbaz Khan Road, Kasur.</p>	<p>To act of administrative head of Social Welfare Department, Controlling office for establishment in lower information, to monitor the progress of all Social Welfare programs in privet and public sector, registration authority of volunteer Social Welfare agencies ordinance 1961, Secretary of departmental promotion/selection committee, secretary District Bait ul Maal Committee, Secretary District Rehabilitation Assessment and disability board, special and emergency duties to be performed during national or natural calamities</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
2	Social welfare department DPMIS/ Mentor	Phone Female Mentor: 0301-3134053 Male Mentor: 0309-5707345 Address: Social welfare and bait ul maal, muneer Shaheed colony, shahbaz khan road, Kasur.	Provides support and disability card to disabled people.
3	District Bait Ul Maal Committee, Kasur	Phone : +92492760223 0321-6576550 (Accountant) Address: Social welfare and bait ul maal, muneer Shaheed colony, shahbaz khan road, Kasur.	1. Services: Rehabilitation of poor & Needy persons 2. Provision of Financial Aid to the Widows Orphans, Students, Patients and Disabled persons 3. Provision of Grant in Aid to active NGOs on matching basis for execution of their projects

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
4	Social Welfare Officer Community Development Project, Kasur	<p>Phone: 03229923688 03084121314 (SWO),</p> <p>Junior clerk: seat vacant, 03067578085(SSW) 0300-7571215 (N/Q)</p> <p>Address: Muneer Shaheed Colony, near Shahbaz Khan Road, Kasur. office timings.</p>	<ol style="list-style-type: none"> 1. Registration, monitoring and supervision of NGOs/Civil Societies through VSWA(R& C) 1961, and Punjab Charity Act 2018 2. Social Education of general public through seminars, walks, awareness sessions etc 3. Conduct of social survey if required 4. Relief work during state emergencies, disasters etc 5. liaison, coordination and technical support of NGOs, Stake Holders and other Public and Private sectors 6. implementation of 3% quota in Private Establishments etc

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Social Welfare Officer Community Development Project, Chunian	<p>Phone no. 03004342958</p> <p>Address: Near Sutlej stadium, utility store, chungi chonian.</p>	<p>registration of NGOs and monitoring of services of ngos.guide to peoples for new registration of ngos.celebrations of national days.dengue activities .daily house keeping.arranged the free medical camps for needy destitute persons.guide to special persons for disability certificate(DPMIS) seminars on smog.dengue.child labour. free education,women rights.transgender rights.etc</p>
6	Social Welfare Officer Community Development Project, pattoki	<p>Phone:03004681844</p> <p>Address:near gate water supply faisal colony pattoki officer ghulam mustafa</p>	<p>registration of NGOs and monitoring of services of ngos.guide to peoples for new registration of ngos.celebrations of national days.dengue activities daily house keeping.arranged the free medical camps for needy destitute persons.guide to special persons for disability certificate(DPMIS) seminars on smog.dengue.child labour. free education,women rights.transgender rights.etc</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
7	Social Welfare Officer Community Development Project.	Phone: 03239942500 Address: Azam plaza, main raiwind road.	Monitoring and supervision of NGOs, coordination with tehsil administration, relief activities in case of emergency, dengue awareness activities



SHELTER HOMES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Dar-ul-Aman	Phone no. 0492-727209 Incharge: 0336-6064472 0323-8415751 Address: Social welfare complex, near Officer colony, Kasur	Established by Social Welfare Department of the Punjab Government they Give Shelter to Women Victims Of Violence
2	District Industrial Home Kasur	Phone: 049 2720076 03034357547 Adress: Kot Rukan Din Hari Har Talab District Kasur.	Established by the government to to train them in skills such as sewing & cutting, custom fabrics, beautician, computer application
3	SERC District jail kasur	Phone: 03334921003 Adress: Zilah Kachary District jail Kasur.	Free Legal Aid for prisoners Rehabilitation of women prisoners Rehabilitation of Juveniles prisoners



MEDICO-LEGAL SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Medical Social Service Unit D.H.Q Hospital District Kasur	Phone: 049 92723063 (03334140776) Adress: D.H.Q Hospital District Kasur Hours of Operation: 24/7	<p>The Hospital provides the following services; free medicine for poor patients, free blood donation for needy patients, patient case history, patient follow-up, counseling, guidelines, free test for poor patients, disability certificate among other services</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
2	Medical Social Service Unit T.H.Q Hospital Chunian	Phone: 049-4530068 03457496398 Address: T.H.Q Hospital Chunian District Kasur Hours of Operation: 24/7	The Hospital provides the following services; free medicine for poor patients, free blood donation for needy patients, patient case history, patient follow-up, counseling, guidelines, free test for poor patients, disability certificate among other services
3	Medical Social Service Unit T.H.Q Hospital Kot Radha Kishen	Phone: 03214331709 Address: T.H.Q Hospital Kot Radha Kishen District Kasur Hours of Operation: 24/7	The Hospital provides the following services; free medicine for poor patients, free blood donation for needy patients, patient case history, patient follow-up, counseling, guidelines, free test for poor patients, disability certificate among other services

LAHORE HELPLINES

DISTRICT ADMINISTRATION & DISTRICT COUNCIL

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Deputy Commissioner Office, Lahore	<p>Phone: 042-99211003 042-99211004</p> <p>Address: Deputy Commissioner Office, District Courts, Lower Mall, Lahore</p> <p>Hours of Operation: Momday to Friday, 9am to 4pm</p>	This office is responsible for overall administration and control at district level.
2	Assistant Commissioner, Tehsil City, Lahore.	<p>Phone: 042-99210608</p> <p>Address: District Courts, City, Lower Mall Road, Lahore.</p> <p>Hours of Operation: Monday to Friday, 9am to 4pm</p>	This office is responsible to assist the commissioner and overall administration and control at tehsil level.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Assistant Commissioner, Tehsil Cantt, Lahore.	Phone: 042-99220567 Email: ac.cantt.lhr@gmail.com Address: 1-Tufail Road Cantt Katchehri, Lahore. Hours of Operation: Monday to Friday, 9am to 4pm	This office is responsible to assist the commissioner and overall administration and control at tehsil level
4	Assistant Commissioner, Tehsil Model Town	042-99231490 Address: Model Town Courts, Ferozepur Road, Lahore Hours of Operation: Monday to Friday, 9am to 4pm	This office is responsible to assist the commissioner and overall administration and control at tehsil level.
5	Assistant Commissioner, Tehsil Shalamar, Lahore.	Phone: 042-99332063 Email: assistant_commissioners@hotmail.com Address: Arazi Record Centre Shalamar adjacent Manawan Police College, Adda Chabeel G.T Road, Manwan, Lahore. Hours of Operation: Monday to Friday, 9am to 4pm	This office is responsible to assist the commissioner and overall administration and control at tehsil level.



POLICE & LAW ENFORCEMENT

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Police Helpline	<p>Phone: 15</p> <p>Hours of Operation: 24/7</p>	Police helpline in case of threat, emergency or to report a crime.
2	Lahore Police	<p>Phone: (Lahore Police Complaint) 8300 (UAN) 0304-1110911</p> <p>Hours of Operation: 24/7</p>	Police helpline in case of threat, emergency or to report a crime.
3	Women Police Station	<p>Phone: 0429-9200300 0429-9200278</p> <p>Address: Race Course Police Station, Race Course Road, Lahore</p> <p>Hours of Operation: 24/7</p>	The Station is staffed with women police officers who are tasked with providing prompt help to female victims of crime and domestic violence.



SHELTER HOMES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Dar-ul-Aman	<p>Phone: 0429-9232178-9 0429-9204149</p> <p>Address: Masjid Taqwa, Atta Bakhsh Road, Kamahan Village, Lahore</p> <p>Hours of Operation: Monday to Friday, 8am to 3pm (However, admissions to shelter are 24/7)</p>	<p>The Dar-ul-Aman was established by the Social Welfare Department of the Punjab Government and provides shelter to women victims of violence. The Shelter has arrangements to provide legal aid, emergency medical help, psycho-social counselling as well as rehabilitation services for its residents</p>
2	Shaheed Benazir Bhutto Human Rights Crisis Center	<p>Phone: 0429-9230058 0429-9230059</p> <p>Address: 148-A New Muslim Town, Lahore</p> <p>Hours of Operation: Monday to Friday, 8am to 3pm</p>	<p>The Center provides shelter and emergency medical services to women victims of violence and distress, as well as free legal assistance and psychosocial counseling</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Dar-ul-Falah Mother and Children Homes	<p>Phone: 0323 7775858</p> <p>Address: Zainab Tower, Model Town Link Rd, Phase 3 GECH Society</p> <p>Hours of Operation: 24/7</p>	Provides shelter, clothing, medical services, and vocational & technical trainings to divorced, widowed, separated or deserted women, as well as children. Additionally, they also give a monthly stipend of around 3000 rupees to the inhabitants of the shelter.
4	Dastak Charitable Trust	<p>Crisis Helpline: 0333-4161610</p> <p>Phone: 0333-4169696</p> <p>Email: info@dastak.org.pk cru@dastak.org.pk (Child Rights Unit)</p> <p>Hours of Operation: Monday to Saturday, 9am to 5pm</p>	Dastak is centered around providing relief to individuals facing domestic and gender-based violence, it serves to protect women and children by giving them shelter and legal aid.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Bali Memorial Trust	<p>Phone:0423-5751192-3 0301-4777902</p> <p>Address: 9 Sikander Ali Malhi Road, Gulberg 2</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	Bali Memorial Trust provides orphaned girls with a stable family environment, counseling and also provides rehabilitation and self-fulfillment of GBV victims. It also operates a community welfare helpline
6	Bilquis Edhi Home	<p>Phone: 042-35156363</p> <p>Address: Street 2, Township Block 1, Sector C-2 Lahore</p> <p>Hours of Operation: 24/7</p>	The shelter home takes in abandoned children, mentally and physically disabled persons as well as women victims of violence
7	Home for Destitute Girls (Kashanas)	<p>Phone: 042-99262136</p> <p>Address: 2 College Road, Township Two Commercial Area Lahore</p> <p>Hours of Operation: Monday to Friday, 8am to 4pm</p>	Established by the Social Welfare Department of Punjab, established this shelter home to educate, train and rehabilitate impoverished girls/women

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
8	SOS Children's Village	<p>Phone: 042-35918035</p> <p>Address: 409, Children Hospital, Main Ferozepur Road, Near Nishtar Town</p> <p>Hours of Operation: 24/7</p>	Caters to orphaned children and provides all necessary facilities for children
9	Bint-e-Fatima Foundation	<p>Phone: 0344-3326267</p> <p>Address: House 35, Block N2, Wapda Town Phase 2, Lahore</p> <p>Hours of Operation: 24/7</p>	The Foundation provides support, security, healthcare services and shelter to senior citizens and women and girl survivors of GBV



LEGAL AID

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Lahore High Court	<p>Helpline: 1134</p> <p>Hours of Operation: Monday to Saturday, 8am to 7pm</p>	Lahore High Court, with the technical assistance of PITB, has set up a helpline for litigants. Citizens can get up-to-date information regarding their court cases including all details related to their case history, name of the judge, copy of the petition and date of hearing. Available languages include Urdu, English, Punjabi and Saraiki.
2	Asma Jahangir Law Associates	<p>Crisis Center</p> <p>Landline:042-35842256-7</p> <p>Mobile: 0300-8427079</p> <p>Address: 59-G, Gulberg 3, Lahore</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	Provides Legal Aid in cases of human rights violations, violence against women and girls, religious minorities, bonded labourers, and child abuse

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Human Rights Commission of Pakistan (HRCP)	<p>Phone: 042-35864994 HRCP: Women Complaint Cell Phone: 042-35845969 Email: complaints@hrcp-web.org</p> <p>Address: 97 Shakir Ali, Tipu Block, New Garden Town, Lahore</p> <p>Hours of Operation: Monday to Friday, 9:30am to 4:30pm</p>	Provide legal aid and expertise to victims of violation and to individuals and groups striving to protect human rights. The Women complaint cell focuses on dealing with human rights violations of women, providing guidance and linkage with law enforcement and free legal aid.
4	Musawai Pvt. Ltd.	<p>Phone: +92 42-38910962 Legal-aid: 0321-4422565</p> <p>Email: info@musawi.org sevim-saadat@musawi.org</p> <p>Address: Q, Street 151, Block Q Phase 2 Johar Town, Lahore, Punjab</p> <p>Hours of Operations: Monday to Friday, 9am to 4:30pm</p>	Musawi is an organization of lawyers and public policy specialists based in Lahore, Pakistan. Musawi conducts research on policy and legislation, capacity building and providing legal aid.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	National Commission for Justice and Peace (NCJP)	Phone: 042-36668692 Address: No. 8 Officers Colony, Walton Road, Lahore Cantt. Hours of Operation: Monday to Friday, 9am to 5pm	NCJP provides services in the field of human rights and works to counter religious and other types of discrimination. It has seven offices around Pakistan which provide legal aid and human rights education



CIVIL SOCIETY ORGANIZATIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Shirkat Gah Women's Resource Centre	<p>Phone: 042-35838815</p> <p>Address: 68 Tipu Block, New Garden Town Lahore</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>Shirkat Gah - Women's Resource Centre (SG) started as a feminist collective in Pakistan in 1975 and today is a women-led resource centre for women across Pakistan and beyond that assists women and marginalized communities to be more resilient, better informed, vocal, visible and organized for inclusive and democratic societies in which everyone is free from violence, enjoys dignity, rights, and quality services.</p>
2	Aurat Foundation	<p>Phone: 042-36286296</p> <p>Address: 18 Zaman Park, Canal Bank, Lahore</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>Aurat Foundation works to facilitate and strengthen civil society groups and networks to mobilize public pressure for women's empowerment</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	War Against Rape (WAR)	<p>Phone: 042-36306859</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>WAR is a non-profit organization committed towards awareness spreading and legislature changes. It provides crisis intervention to the sexually abused women & children including free services such as legal aid, psycho-therapeutic counseling and basic medical assistance</p>



MEDICO-LEGAL SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Ganga Ram Hospital	<p>Phone: 0429-9200572</p> <p>Address: Shara-i-Fatima Jinnah, Queen's Road, Jubilee Town, Lahore.</p> <p>Hours of Operation: 24/7</p>	Other than the general health services provided at the hospital Medico-legal services including surgical, orthopedic and emergency aid are available for victims of violence. Sexual Assault victims will get a medico-legal report only if FIR is filed
2	General Hospital	<p>Phone: 0429-9268801</p> <p>Address: Ferozpur Road, Near Chungi Amar Sidhu Ismail Nagar.</p> <p>Hours of Operation: 24/7</p>	Other than the general health services provided at the hospital Medico-legal services including surgical, orthopedic and emergency aid are available for victims of violence. Sexual Assault victims will get a medico-legal report only if FIR is filed

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Ghurki Trust Hospital	<p>Phone: 042-111-348-348</p> <p>Address: GT Road Burki Road Link, Band Road, Jallo Morr, Lahore</p> <p>Hours of Operation: 24/7</p>	Other than the general health services provided at the hospital Medico-legal services including surgical, orthopedic and emergency aid are available for victims of violence. Sexual Assault victims will get a medico-legal report only if FIR is filed
4	Jinnah Hospital	<p>Phone: 0429-9231400</p> <p>Address: Usmani Road, Quaid-i-Azam Campus, Lahore</p> <p>Hours of Operation: 24/7</p>	Other than the general health services provided at the hospital Medico-legal services including surgical, orthopedic and emergency aid are available for victims of violence. Sexual Assault victims will get a medico-legal report only if FIR is filed. The hospital also has a dedicated Burn Unit
5	Surgical Tower, Mayo Hospital	<p>Phone: 0429-9211129</p> <p>Address: Near Anarkali, Neela Gumbad Lahore</p> <p>Hours of Operation: 24/7</p>	Other than the general health services provided at the hospital Medico-legal services including surgical, orthopedic and emergency aid are available for victims of violence. Sexual Assault victims will get a medico-legal report only if FIR is filed. The hospital also has a dedicated Burn Unit

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
6	Mian Munshi Hospital	Phone: 0423-7147265 Address: Sagian Wala Bypass, Data Gunj Buksh Town, Lahore Hours of Operation: 24/7	Other than the general health services provided at the hospital Medico-legal services including surgical, orthopedic and emergency aid are available for victims of violence. Sexual Assault victims will get a medico-legal report only if FIR is filed
7	Services Hospital	Phone: 0429-9203422 Address: Ghaus-ul-Azam, Shadman Jail Road, Lahore Hours of Operation: 24/7	Other than the general health services provided at the hospital Medico-legal services including surgical, orthopedic and emergency aid are available for victims of violence. Sexual Assault victims will get a medico-legal report only if FIR is filed
8	Shaikh Zayed Hospital	Phone: 042-35865731 Address: Shaikh Zayed Medical Complex, University Avenue, Block D Muslim Town, Lahore Hours of Operation: 24/7	Medico-legal services including surgical, orthopedic and emergency aid and a burn unit. Sexual Assault victims will get medico-legal report only if FIR is filed. Provides ambulatory services and has an exclusive Trauma and Emergency Department

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
9	Children Hospital	Phone: 042-99230901 Address: Ferozpur Rd, Lahore Hours of Operation: 24/7	Children's Hospital & the Institute of Child Health, Lahore provides a wide range of services both inpatient and outpatient, with full backup of diagnostic services. The institute also encompasses the School of Nursing and the School of Allied Health Sciences. A Burn Unit is also present at the hospital
10	Rural Health Center (RHC) Raiwind	Phone: 042-35390886 Email: drasif777@hotmail.com Address: Raiwind Road Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it
11	Rural Health Center (RHC) Awan Dhaiwala	Phone: 042-3217988212 Email: rhcawandhaiwala@gmail.com Address: Rural Health Center, Awan Dhai Wala, Lahore Cantt, Lahore Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
12	Rural Health Center (RHC) Burki	Phone: 0342-6560983 Email: rhcbarki152066@gmail.com Address: Rural Health Center, Barki, Lahore Cantt, Lahore Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it
13	Rural Health Center (RHC) Manga Mandi	Phone: 0333-6069567 Email: smorhcmanga@gmail.com Address: Rural Health Center, Manga Mandi, Raiwind, Lahore Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it
14	Rural Health Center (RHC) Chung	Phone: 042-37499331 Email: smo.rhcchung@gmail.com Address: Rural Health Center, Chung, Raiwind, Lahore Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it



MEDIA SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Lahore Press Club	<p>Phone: 042-36363316</p> <p>Address: Shimla Hill, 1 Davis Road, Garhi Shahu, Lahore, Punjab</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>Coverage of news on crimes, violence, social & political events, violation of rights, exposing corruption and law & order situation. Arranges press conferences to highlight opinion of victims of any kind of offence and promotes rule of law. Media acts as watchdog to protect public interest against malpractice and creates public awareness</p>

MULTAN HELPLINES

DISTRICT ADMINISTRATION & DISTRICT COUNCIL

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Deputy Commissioner Office Multan	<p>Phone: 061-9200042 Address: Deputy Commissioner office, Katchery Chowk Multan</p> <p>Hours of Operations: Monday to Friday, 9am to 4pm</p>	This Office is responsible for overall administration and central at district level
2	Assistant Commissioner Multan Sadar	<p>Phone: 061-9200073 Address: Deputy Commissioner office, Katchery Chowk Multan</p> <p>Hours of Operations: Monday to Friday, 9am to 4pm</p>	This Office is responsible to assist the commissioner and overall administration and central at tehsil level
3	Assistant Commissioner Multan City	<p>Phone: 061-9201153 Address: Deputy Commissioner office, Katchery Chowk Multan</p> <p>Hours of Operations: Monday to Friday, 9am to 4pm</p>	This Office is responsible to assist the commissioner and overall administration and central at tehsil level

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
4	Assistant Commissioner , Tehsil Jalal Pur Multan	<p>Phone: 061-9201153</p> <p>Address: Assistant Commissioner office, Tehsil Jalal Pur, Peer Wala, Multan</p> <p>Hours of Operations: Monday to Friday, 9am to 4pm</p>	This Office is responsible to assist the commissioner and overall administration and central at tehsil level
5	Assistant Commissioner Tehsil Shujaabad	<p>Phone: 061-924396480</p> <p>Address: Assistant Commissioner office, Tehsil Shuja Abad, Multan</p> <p>Hours of Operations: Monday to Friday, 9am to 4pm</p>	This Office is responsible for overall administration and central at district level

GOVERNMENT BODIES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Child Welfare & Protection Bureau	<p>Phone: 061-9239141, 4517371</p> <p>Mob: 03340871701</p> <p>Address: 444/12A, Surajmiani road chungi no.1 Multan.</p> <p>Hours of Operation: Mon to Fri 9:00AM to 5:00PM</p>	<p>The Helpline Provides Assistance and Support to Children Subjected to Voilence,Expolitation,Abuse and Neglect. The Helpline Also provides Information and Guidance Regarding Child Rights The Bureau Also Provides Shelter for Children's</p>
2	Shaheed Benazir Bhutto Human Rights Crises Center	<p>Phone: 061-9220542-8</p> <p>Address: Social welfare complex, deher chowk, mati til road, Multan.</p> <p>Hours of Operation : Mon to Fri 9:00AM to 5:00PM</p>	<p>The center provides shelter and emergency medical services to women victims of violence as well as free legal assistance and counselling.</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Bait ul maal	<p>Phone: 061-9201009 Address: Eid gah road, shamsabad colony, Multan.</p> <p>Hours of Operation : Mon to Fri 9:00AM to 5:00PM</p>	Helps with finances of poor and destitute people.
4	Violence Against Women Centre Helpline	<p>Phone:1737 Intervention time: 8 am - 9pm. Due to the shortage of staff they are not dealing in the night shift. Phone: 061-92-00538 (After 9 pm they are dealing with complains of violence through this number)</p>	In this station there are women officers who help women who are victim of violence and related crimes. Here, women are facilitated with free medical and legal aid.
5	Violence Against Women Centre	<p>Phone: 061-9220542-48 Address: Social welfare complex, deher chowk, mati til road, Multan.</p> <p>Hours of Operations: Monday to Friday, 9am to 5pm</p>	In this station there are women officers who help women who are victim of violence and related crimes. Here, women are facilitated with free medical and legal aid.



POLICE & LAW ENFORCEMENT

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Police Helpline	<p>Phone: 15</p> <p>Hours of Operations:24/7</p>	Police Helpline In Case of Threat Emergency or to Report a Crime
2	Police Rescue Center	<p>Phone: 1122, 061-9220305</p> <p>Address: Baagh langay khan road, Multan.</p> <p>Hours of Operations:24/7</p>	For emergency and medical help.
3	Multan Police	<p>Phone: 061-9200425</p> <p>Hours of Operations:24/7</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences



SHELTER HOMES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Dar-ul-Aman	<p>Phone: 061-9220532</p> <p>Address: Social Welfare Complex, Dehar Chowk, Mati tal road, Multan</p> <p>Hours of Operations: Monday to Friday, 9am to 4pm</p>	Established by Social Welfare Department of the Punjab Government they Give Shelter to Women Victims Of Violence
2	Dar-ul-Falah (mother and children home)	<p>Phone: 0306-1774616 Ptlc no. is not working</p> <p>Address: Judges colony near DHDC Ameerabad , Multan</p> <p>Hours of Operations: Monday to Friday, 9am to 4pm</p>	Provides shelter and clothing, medical services and vocational and technical trainings to divorced, widowed, seperated or deserted womenas well as children.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Shaheed Benazir Bhutto Women Crisis Center	<p>Phone: 03007325519</p> <p>Address: Social welfare complex, deher chowk, mati til road, Multan.</p> <p>Hours of Operation: Mon to Fri 9:00AM to 5:00PM</p>	The Center Provides Shelter and Emergency Medical Services to Women victims of Violence as well as Free Legal Assistance and Counselling
4	Edhi Center	<p>Phone: 061-583906</p> <p>Address: Dolatr Gate, Multan.</p> <p>Hours of Operation: Mon to Fri 9:00AM to 4:00PM</p>	The Shelter Homes Takes in Abandoned Children's Physically and Mentally disabled Persons as well as Women Victims of violence
5	Muhammad Bin Qasim Blind Center	<p>Phone: 061-6564559</p> <p>Address: U Block New Multan, Chowk Kamharan wala Multan.</p> <p>Hours of Operation: Mon to Fri 9:00AM to 5:00PM</p>	Provides with education and skills for blind people and acts as a shelter home to provide protection to blind people.



LEGAL AID

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	District Bar Council	<p>Phone: 061-4518304</p> <p>Address: Chowk Kachehri, LMQ Road, Multan.</p> <p>Hours of Operation : Mon to Fri 9:00AM to 5:00PM</p>	
2	Abida Parveen Advocate Multan	<p>Phone: 0300-6398529</p> <p>Address: Chamber no. 244, old block, opposite A.G Office, Ditriect courts Multan</p> <p>Hours of Operation : Mon to Fri 9:00AM to 5:00PM</p>	Willing to take cases in all areas and provides free legal aid to desrvng candidates



CIVIL SOCIETY ORGANIZATIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Women's rights Association	<p>Phone: 03007323158</p> <p>Address: 2973-b , Abbas Street, green huts, bahadurpur, bosan road, Multan.</p> <p>Hours of Operation :Mon to Fri 9:00AM to 5:00PM</p>	It is centered around providing relief to individuals facing domestic and gender-based violence , it serves to protect women and children by giving them legal aid.
2	Pakistan Human Development Foundation	<p>Phone: 0616536401</p> <p>Address: 47/A , Industrial estate, Multan.</p> <p>Hours of Operation :Mon to Fri 9:00AM to 5:00PM</p>	Empower women, contribute to children development, provides health care services to unprivileged communities. Work on poverty alleviation and raise awareness for human rights and justice.



MEDICO-LEGAL SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Multan Institute of Cardiology	<p>Phone: 061-9201045</p> <p>Address: Abdali road, Chowk dera adda, Multan.</p> <p>Hours of Operation: 24/7</p>	For diagnoses and treatment of heart related diseases.
2	Children Complex	<p>Phone: 061-9201431</p> <p>Address: Nawa shehr road, muhalla qadeerabad, near ghanta ghar, Multan.</p> <p>Hours of Operation: 24/7</p>	For children's medical services.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Ftima Jinnah Women's Hospital	<p>Phone: 061-9200014</p> <p>Address: Near Indus Tower, Ghanta ghar, Multan.</p> <p>Hours of Operation: 24/7</p>	For women's health and protection, it also provides medical and maternity facilities to women.
4	Government Shehbaz Sharif DHQ Hospital	<p>Phone: 061-9200943</p> <p>Address: Qadeerabad, near indus tower, ghanta ghar, Multan.</p> <p>Hours of Operation: 24/7</p>	Provides with health, protection and medical facilities.



MEDIA SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Press Club	<p>Phone: 061-4546292</p> <p>Address: Nawa Shehr chowk, Multan.</p> <p>Hours of Operation: Mon to Fri 9:00AM to 5:00PM</p>	<p>Coverage of News on crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law. Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness.</p>

OKARA HELPLINES

DISTRICT ADMINISTRATION & DISTRICT COUNCIL

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Deputy Commissioner	<p>Phone: 044-9200025 044-9200026</p> <p>Address: District Complex Okara</p> <p>Hours of Operation: Monday to Friday, 9am to 4pm</p>	This office is responsible for overall administration and control at the district level
2	Assistant Commissioner Okara	<p>Phone: 044-9200252</p> <p>Address: District Complex Okara</p> <p>Hours of Operation: Monday to Friday, 9am to 4pm</p>	Responsible for assisting the commissioner and overall administration and control at the tehsil level
3	Assitant Commissioner Depalpur	<p>Phone: 444540425</p> <p>Address: Near Tehsil Courts Depalpur</p> <p>Hours of Operation: Monday to Saturday, 9am to 5pm</p>	This office is responsible for overall administration and control at the tehsil level

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
4	Tehsil Municipal Officer Depalpur	<p>Phone: 444542018</p> <p>Address: Near Fatima Jinnah Park Basir Pir Road Depalpur</p> <p>Hours of Operation: Monday to Saturday 9 am to 5 pm</p>	This office is responsible for facilitation for the water supply ,sanitation and tax collection etc .
5	Assitent Commissioner Renala Khurd	<p>Phone: 0442636089</p> <p>Address: Shar Gargh Road Renala khurd</p> <p>Hours of Operation: Monday to Saturday, 9am to 5pm</p>	This office is responsible for overall administration and control at the tehsil level
6	Tehsil Municipal Officer Depalpur	<p>Phone: 0442- 635215</p> <p>Address: Near Thana City Renla Khurd</p> <p>Hours of Operation: Monday to Saturday 9 am to 5 pm</p>	This office is responsible for facilitation for the water supply ,sanitation and tax collection etc .

GOVERNMENT BODIES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Federal Ombudsman	<p>Phone: 0442-9200430</p> <p>Address: Jinnah Stadium Okara</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	FOSPAH has been set up to protect women against harassment at the workplace, including sexual comments, offensive gestures, cat calling, offensive innuendos and blackmailing. FOSPAH has an Online Complaint Management System and regional offices present in Karachi and Peshawar.
2	Benazir Income Support Programme Office	<p>Phone: 044-2703007</p> <p>Address: Govt Colony Okara</p> <p>Operation Hours: 9am to 4pm</p>	To provide Financial educational and medical aid for poor peoples
3	Bat Ul Maal Office	<p>Phone: 044-99330059</p> <p>Address: Chaman Zaar Colony Okara</p> <p>Operation Hours: 9am to 4pm</p>	To provide Financial aid for poor peoples

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
4	Municipal Office	<p>Phone: 044-9200453/54</p> <p>Email: muncipalcommitteekara@gmail.com</p> <p>Address: Ghosia Chowk okara</p> <p>Operation Hours: 9am to 4pm</p>	Administration of the city services like cleaning of roads, maintain, sewerage, street lights, garbage
5	Rescue 1122 office	<p>Emergency call 911 and 1122</p> <p>Phone: 044-9200230</p> <p>Near under pass district complex Okara</p> <p>Time: 24/7</p>	Provide emergency services in field of Medical ,fire bergrad services etc
6	Additional Session Judge Depalpur	<p>Phone: 444540720</p> <p>Address: Tehsil Courts Depalpur</p> <p>Hours of Operation: 8am to 3.30pm (Summer), 9am to 4pm (Winter)</p>	This court is responsible to provide justice without any discrimination. Civile ,criminal and women protection and family laws

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
7	Judge family Courts / Civil Judge Depalpur	Phone: 444540720 Address: Tehsil Courts Depalpur Hours of Operation: 8am to 3.30pm (Summer), 9am to 4pm (Winter)	This courts is specially for the women friendly to resolve the women issues like maintenance Allowance, Divorce,VAWG
8	Additional Session Judge Renala Khurd	Phone: 0442-636500 Address: Sher Garh Road Hours of Operation: 8:00am to 3:00 Pm (Monday - Saturday)	This court is reponsibale to provide justice without any discremination .Civile ,criminal and women protection and family laws
9	Judge Family Courts / Civil Judge Renala Khurd	Phone: 442636500 Hours of Operation: 8:00am to 3:00 Pm (Monday - Saturday)	This court is specially for the women friendly to resolve the women issues like maintenance Allonce ,Divorce ,VAWG



POLICE & LAW ENFORCEMENT

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Police Helpline	Phone: 15 Hours of operation: 24/7	Police helpline in case of threat, emergency or to report a crime.
2	DPO Office	Phone: 044-5120016 Address: District Complex Okara Near Land Record Center	Police register FIR regarding threat, kidnaping, murder etc Hours operation: 24/7
3	DSP Office	Phone: 044-9200081 Address: District Complex Okara	Police register FIR regarding threat, kidnaping, murder etc Hours operation: 24/7
4	Police station Sadar	Phone: 044-2454060 Address: Under Pass Okara Hours operation: 24/7	Police register FIR regarding threat, kidnaping, murder etc

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Police station A-Division	Phone: 044-9200392 Address: Faisalabad Road Okara Hours operation: 24/7	Police register FIR regarding threat, kidnaping, murder etc
6	Police Station B-Division	Phone: 044-9200329 Address: Chamdara Mandi Hours operation: 24/7	Police register FIR regarding threat, kidnaping, murder etc
7	SHO City Police Station Depalpur	Phone: 444542857 Address: Near Tehsil Courts Depalpur Hours of operation: 24/7	This office is responsible to protect and provide security to the basic fundamental rights and maintain law and order

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
8	SDPO Sub Divisional Police Officer Depalpur	Phone: 444540603 Address: Basir Pur Road Depal Pur Hours of operation: 24/7	Overall responsible for maintain law and order at tehsil level to protect and serve the community accordance with law.
9	Police Station City Renala Khurd	Phone: 442635540 Address: Near Town Committee Renala Khurd Hours of operation: 24/7	This office is responsible to protect and provide security to the basic fundamental rights and maintain law and order
10	SDPO Sub Divisional Police Officer Renala Khurd	Phone: 442621900 Hours of operation: 24/7	Overall responsible for maintain law and order at tehsil level to protect and serve the community accordance with law.



SHELTER HOMES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Dar Ul amman	Phone: 044-9330078 Address: Near District Complex , Okara	Protection And institution care to all residents such as free boarding and facilities including the necessities of life. Operation Hours 24/7



LEGAL AID

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Hussan Bano Rao Advocate	Phone: 0313-6509988 Address: Chamber #118 Old Block District Court Okara	Provides free legal aid and is willing to take cases in all areas but specialises in family and criminal law Please note that they still might ask for filing charges.
2	Shahid Nadeem Advocate	Phone: 0347-6535723 Address: Chamber No 119	Willing to provide free legal aid, specialises in family, criminal and civil law Please note that they still might ask for filing charges.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Mian Ali Raza Kamboo Advocate	Phone: 0300-8439211 Address: Chamber No 139	Willing to provide free legal aid, specialises in family, civil and revenue law but occasionally takes cases of criminal law as well Please note that they still might ask for filing charges.
4	Najam ul Hassan Gillani Advocate	Phone: 3227932222 Address: Chamber No 1 Choudry Plaza Tehsil Courts Depalpur Hours of Operation: 9 Am to 5 pm Monday to Saturday	Private lawyers who provide free legal aid services to victims of VAWG. Please note that they still might ask for filing charges.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Bar Association Renala Khurd, President, Rana Ahtisham Adovcate	Phone: 03227932222	Renala Bar Association provide a forum to lawyers who provide free legal aid services to victims of VAWG. Please note that they still might ask for filing charges.
6	Bar Association Renala Khurd, Ex President, Ch.Muhammad Azam Jutt	Phone: 03017381239	Renala Bar Association provide a forum to lawyers who provide free legal aid services to victims of VAWG. Please note that they still might ask for filing charges.



CIVIL SOCIETY ORGANIZATIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Anjuman Falah-e- khawateen	<p>Phone: 0308-7000048</p> <p>Email: afkokara9@gmail.com</p> <p>Address: Shah Din Town 2/4L Okara</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	The Helpline provides a free safe and confidential service. It aims to provide legal advice, digital security support, psychological counseling and a referral system to victims of online harassment.
2	Madiha Gallani	<p>Phone: 044-9200343</p> <p>Email: madihagilani68@gmail.com</p> <p>Address: OPD, Room#20 DHQ Hospital Okara</p> <p>Hours of Operation: 8;00am to 2;00pm</p>	To provide free aid to poor and needy people

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Social welfare Society Depalpur	<p>Helpline: 04445442444</p> <p>Email: virsadepalpur@yaoo.com</p> <p>Address: Near UBL Bank Mandi Road Depalpur</p> <p>Hours of operation: Monday to saturday, 9am to 5pm</p>	SWS provides a free safe and confidential service. It aims to provide legal advice, digital security support, psychological counseling and a referral system to victims of online harassment and the victim of domestic violence and sexual harassment
4	Anjuman Falah O Behbbod Basirpur	<p>Phone: 03457507940</p> <p>Email: Afbbasirpur@yahoo.com</p> <p>Adress: Gillani Chowk Depalpur</p> <p>Hours of operation: Monday to saturday, 9am to 5pm</p>	AFB provides a free safe and confidential service. It aims to provide legal advice, digital security support, psychological counseling and a referral system to victims of online harassment and the victim of domestic violence and sexual harassment

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	AM welfare Society Renala Khurd	<p>Helpline: 0442635200, 03006979966</p> <p>Email: gksmra@gmail.com</p> <p>Address: Hasan Arcade canal Road, Renala Khurd</p> <p>Hours of operation: Monday to saturday, 9am to 5pm</p>	AM provides a free health services throu shehat card safe and confidential service. It aims to provide legal advice, digital security support, psychological counseling and a referral system to victims of online harassment and the victim of domestic voilence and sexual haressement.AM promote women with skill vocational and madical traning.
6	Muskan Welfare society Renala Khurd	<p>Phone: 0301-7342900</p> <p>Address: Basti Patrol Pump, Renala Khurd</p> <p>Hours of operation: Monday to saturday, 9am to 5pm</p>	Muskan provides a free safe and confidential service. It aims to provide legal advice, digital security support, psychological counseling and a referral system to victims of online harassment and the victim of domestic voilence and sexual haressement



MEDICO-LEGAL SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	DHQ City Okara	<p>Phone: 044-2703458</p> <p>Address: Main City Near Hospital Bazar</p> <p>Hours of Operation: 24/7</p>	All medical facility
2	DHQ South City Okara	<p>Phone: 044-9200140</p> <p>Dr M.Ahamd Ali Cel: 0333-8960338</p> <p>Address: Depalpur Road Okara</p> <p>Hours of Operation: 24/7</p>	All medical facility

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	DHO Office	Phone: 044-29200137 CO, Phone: 044-29200136 Address: District complex okara. Hours of Operation: 24/7	All medical facility
4	THQ Renala Khurd	Phone: 0442635084 Address: Canal Road, Renala Khurd Hours of Operations: 24/7	THQ Renala Khurd is serving people in medical field to protect lives .it has facility of Medicolegal certificate and post mortem and rape examination .

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Al Madina Hospital and Maternity home	<p>Phone: 044542324</p> <p>Address: Canal Road Husnain Arcade Renala Khurd</p> <p>Hours of Operations: 24/7</p>	AL-Madina Hospital provide free health facilities through Sehat card Materinty Orthopadic Eye surgeries, ENT, Genral Surgries. Also provided free Antinatal and postnatal care, services of family planning(serviceses in clinic of green star) for women.
6	THQ Depalpur	<p>Phone: 444542023</p> <p>Address: Kasoor Road Depalpur</p>	THQ Depalpur is serving people in medical field to protect lives .it has facility of Medicolegal certificate and post mortem and rape examination.
7	Shoukat Hospital	<p>Phone: 044542324</p> <p>Address: Okara Road Depalpur</p> <p>Hours of Operation: First Shift 8am to 4pm, Second Shift 4pm to 12am</p>	Private hospital and facilitate the beneficiyres of INSAF Sehat card also provide the emergency services.



MEDIA SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Press Club Okara	<p>Phone: 0300-6970986</p> <p>Address: Tahsil Road Oppsite C.M.R School Okara</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	Coverage of news on crimes, violence, social & political events, violation of rights, exposing corruption and law & order situation. Arranges press conferences to highlight opinion of victims of any kind of offence and promotes rule of law. Media acts as watchdog to protect public interest against malpractice and creates public awareness.
2	Depalpur Press Club	<p>Phone: 3074100014</p> <p>Address: Near Gulberg Town Pakpattan Road Deaplpur</p> <p>Hours of Operation: Monday to Saturday, 9am to 5pm</p>	Coverage of news on crimes, violence, social & political events, violation of rights, exposing corruption and law & order situation. Arranges press conferences to highlight opinion of victims of any kind of offence and promotes rule of law. Media acts as watchdog to protect public interest against malpractice and creates public awareness.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	National Press club	<p>Phone: 3024920544</p> <p>Address: Exchange Road Depalpur</p> <p>Hours of Operation: Monday to Saturday, 9am to 5pm</p>	<p>Coverage of news on crimes, violence, social & political events, violation of rights, exposing corruption and law & order situation. Arranges press conferences to highlight opinion of victims of any kind of offence and promotes rule of law. Media acts as watchdog to protect public interest against malpractice and creates public awareness.</p>
4	Press Club Renala Khurd	<p>Phone: 0442- 636266 0300-4465661</p> <p>Address: Canal Road Renala Khurd</p> <p>Hours of Operation: Monday to Saturday, 9am to 5pm</p>	<p>Press club Renala Khurd president Muhammad Bilal Tabasum. Coverage of news on crimes, violence, social & political events, violation of rights, exposing corruption and law & order situation. Arranges press conferences to highlight opinion of victims of any kind of offence and promotes rule of law. Media acts as watchdog to protect public interest against malpractice and creates public awareness.</p>

RAWALPINDI HELPLINES

DISTRICT ADMINISTRATION & DISTRICT COUNCIL

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Deputy Commissioner Office Rawalpindi	<p>Phone : 051-9292530</p> <p>Address: District Court Airport Road Near Katchery Chowk Rawalpindi</p> <p>Hours of Operation: Mon to Thu 9:00AM to 4:00PM Friday 9:00AM to 1:00PM</p>	This Office is responsible for overall administration and central at district level
2	Commissioner	<p>Phone : 051-929506</p> <p>Address: Katchery Chowk Lalazar Rawalpindi</p> <p>Hours of Operation: Mon to Thu 9:00AM to 4:00PM Friday 9:00AM to 1:00PM</p>	This Office is responsible for overall administration and central at district level

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Assistant Comissioner (Cantt)	<p>Phone : 051-9292530</p> <p>Adresss: District Court Airport Road Near Katchery Chowk Rawalpindi</p> <p>Hours of Operation: Mon to Thu 9:00AM to 4:00PM Fri-day 9:00AM to 1:00PM</p>	Responsible for assisting the commissioner and overall administration and control at the tehsil level
4	Assistant Comissioner (City)	<p>Phone: 051-9292530</p> <p>Adresss: District Court Airport Road Near Katchery Chowk Rawalpindi</p> <p>Hours of Operation: Mon to Thu 9:00AM to 4:00PM Friday 9:00AM to 1:00PM</p>	Responsible for assisting the commissioner and overall administration and control at the tehsil level

GOVERNMENT BODIES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Child Welfare & Protection Bureau	<p>Phone: 051-9270247 0320-5271121</p> <p>Address: Sadder Rawalpindi</p> <p>Hours of Operation: Mon to Thu 9:00AM to 4:00PM Friday 9:00AM to 1:00PM</p>	<p>The Helpline Provides Assistance and Support to Children Subjected to Voilence,Expolitation,Abuse and Neglect. The Helpline Also provides Information and Guidance Regarding Child Rights The Bureau Also Provides Shelter for Children's</p>
2	Ombudsman Office Rawalpindi (1)	<p>Phone: 051-9292794</p> <p>Address: Old Zila Council Building District Court Rawalpindi</p> <p>Hours of Operation : 9:00AM to 5:00PM</p>	<p>The Helpline Provides Assistance and Support to Children Subjected to Voilence,Expolitation,Abuse and Neglect. The Helpline Also provides Information and Guidance Regarding Child Rights The Bureau Also Provides Shelter for Children's</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Ombudsman Office Rawalpindi (3)	<p>Phone: 051-9292795</p> <p>Address: Old Zila Council Building District Court Rawalpindi</p> <p>Hours of Operation : 9:00AM to 5:00PM</p>	<p>The Helpline Provides Assistance and Support to Children Subjected to Violence,Expolitation,Abuse and Neglect. The Helpline Also provides Information and Guidance Regarding Child Rights The Bureau Also Provides Shelter for Children's</p>
4	Ombudsman Office Rawalpindi (1)	<p>Phone: 051-9292793</p> <p>Address: Old Zila Council Building District Court Rawalpindi</p> <p>Hours of Operation : 9:00AM to 5:00PM</p>	<p>The Helpline Provides Assistance and Support to Children Subjected to Violence,Expolitation,Abuse and Neglect. The Helpline Also provides Information and Guidance Regarding Child Rights The Bureau Also Provides Shelter for Children's</p>
5	Shaheed Benazir Bhutto Women Center	<p>Phone: 051-4920482</p> <p>Address: Social Welfare Complex Farooq- e- Azam Road Shamsabad Rawalpindi</p> <p>Hours of Operation : 9:00AM to 4:00PM</p>	<p>The Helpline Provides Assistance and Support to Children Subjected to Violence,Expolitation,Abuse and Neglect. The Helpline Also provides Information and Guidance Regarding Child Rights The Bureau Also Provides Shelter for Children's</p>



POLICE & LAW ENFORCEMENT

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Police help Desk Khidmat Markaz	<p>Phone: 051-9330676</p> <p>Address: Liaqat Bagh Murree road Rawalpindi</p> <p>Hours of Operation : 9:00AM to 5:00PM</p>	Police Helpline In Case of Threat Emergency or to Report a Crime
2	Women Help Desk Civil Line	<p>Phone: 051-9280333</p> <p>Address: Civil Line Circle Rawalpindi</p> <p>Hours of Operation : 9:00AM to 5:00PM</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
3	Women Help Desk Saddar, Chauntra	<p>Phone: 051-4673181</p> <p>Address: Saddar Circle Chauntra Rawalpindi</p> <p>Hours of Operation : 9:00AM to 5:00PM</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
4	Women Help Desk Gunj- mandi	Phone: 051-9334366 Address: City Circle Gunj Mandi Rawalpindi Hours of Operation : 9:00AM to 5:00PM	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
5	Women Help Desk Kahuta	Phone: 051-9330009 Address: Kahuta Circle Syedan Rawalpindi Hours of Operation : 9:00AM to 5:00PM	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
6	Women Help Desk Kotli Sattian	Phone: 051-3356014 Address: Kotli Sattian Rawalpindi Hours of Operation : 9:00AM to 5:00PM	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
7	Women Help Desk Murree	Phone: 051-3756632 Address: Murree Circle Rawalpindi Hours of Operation : 9:00AM to 5:00PM	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
8	Women Help Desk Pirwad-hai	Phone: 051-9334559 Address: City Circle Pirwadhai Rawalpindi Hours of Operation : 9:00AM to 5:00PM	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
9	Women Help Desk Raja Bazar	Phone: 051-9270653 Address: Cantt Circle Raja Bazar Rawalpindi Hours of Operation : 9:00AM to 5:00PM	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
10	Women Help Desk Race Course	Phone: 051-9334088 Address: Cantt Circle Race Course Rawalpindi Hours of Operation : 9:00AM to 5:00PM	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
11	Women Help Desk Ratta Amral	Phone: 051-9334844 Address: City Circle Ratta Amral Rawalpindi Hours of Operation : 9:00AM to 5:00PM	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
12	Women Help Desk Saddar, Rawat	Phone: 051-3595100 Address: Sadder Circle Rawat Rawalpindi Hours of Operation : 9:00AM to 5:00PM	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
13	Women Help Desk, Sadiqabad	<p>Phone: 051-9334899</p> <p>Address: New Town Circle Sadiqabad Rawalpindi</p> <p>Hours of Operation : 9:00AM to 5:00PM</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
14	Women Help Desk, Taxila	<p>Phone: 051-9314355</p> <p>Address: Taxila Circle Rawalpindi</p> <p>Hours of Operation : 9:00AM to 5:00PM</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
15	Women Help Desk, Westridge	<p>Phone: 051-9334349</p> <p>Address: Cantt Circle Westridge Rawalpindi</p> <p>Hours of Operation : 9:00AM to 5:00PM</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
16	Women Help Desk, Chaklala	<p>Phone: 051-9292611 EXT: 289</p> <p>Address: Airport Road Chaklala Cantt Rawalpindi</p> <p>Hours of Operation : 24/7</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
17	Women Help Desk, Near Civil Lines	<p>Phone: 051-9292832 0346-5098363</p> <p>Address: Near Civil Lines Rawalpindi</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
18	DIG	<p>Phone: 051-2313600</p> <p>E-mail: digwp53@gmail.com</p> <p>Address: House # 263 Sector 2 Gulshan Abad Rawalpindi</p>	The Regional DIGs of Prisons oversee the Jails Located in their Respective Prisons region they Ensure the Transmission of Directories and circulars instructions issued by the inspector general of Prison to the Field Formation Beside Monitoring their Implementation in due Course

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
19	SP (Headquarter)Senior Superintendent of Police	Phone: 051-9270621, 051-9292876, 051-9292878 Address: Sadder Division Hours Of Operation : 24/7	Registration of FIR for Cases of Violence, Burglary, Kidnapping and other offences Investigation and inquiry in to Facts of Case as Reported by Witness or Victims offer Protection to victims of Violence If they Need it.
20	SP (Headquarter) Superintendent of Police	Phone: 051-9334913 Address: Rawal Division Hours of Operation : 24/7	Registration of FIR for Cases of Violence, Burglary, Kidnapping and other offences Investigation and inquiry in to Facts of Case as Reported by Witness or Victims offer Protection to victims of Violence If they Need it.
21	SP (Headquarter)	Phone: 051-9270621 Address: Potohar Division Hours of Operation: 24/7	Registration of FIR for Cases of Violence, Burglary, Kidnapping and other offences Investigation and inquiry in to Facts of Case as Reported by Witness or Victims offer Protection to victims of Violence If they Need it.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
22	SP (Headquarter)	<p>Phone: 051-9292736</p> <p>Address: Special Branch</p> <p>Hours of Operation: 24/7</p>	Registration of FIR for Cases of Violence, Burglary, Kidnapping and other offences Investigation and inquiry in to Facts of Case as Reported by Witness or Victims offer Protection to victims of Violence If they Need it.
23	Women Police, Chaklala	<p>Phone: 051-9252517</p> <p>Address: Airport Road Chaklala Cantt Rawalpindi</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
24	Women Police, Near Civil Lines	<p>Phone: 051-9270611</p> <p>Address: Near Civil Lines Rawalpindi</p>	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences



SHELTER HOMES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Dar-ul-Aman	<p>Phone: 051-4920304</p> <p>Address: Social Welfare Complex Farooq-e-Azam Road Shamshabad Rawalpindi</p>	<p>Established by Social Welfare Department of the Punjab Government they Give Shelter to Women Victims Of Violence</p> <p>Hours of Operation: 24/7</p>
2	Dar-ul-Falah	<p>Phone: 051-4474002</p> <p>Address: Social Welfare Complex Muslim Town Khana Road Rawalpindi</p>	<p>Established by Social Welfare Department of the Punjab Government they Give Shelter to Women Victims Of Violence</p> <p>Hours of Operation: 24/7</p>
3	Shaheed Benazir Bhutto Women Crisis Center	<p>Phone: 051-4920482</p> <p>Address: Social Welfare Complex Farooq-e-Azam Road Shamshabad Rawalpindi</p>	<p>The Center Provides Shelter and Emergency Medical Services to Women victims of Violence as well as Free Legal Assistance and Counselling</p> <p>Hours of Operation: 24/7</p>
4	Hawa Shelter Homes	<p>Phone: 0300-960712</p> <p>Address: Dhok Kala Khan Gulshan Plaza Street #1 Near 6th Road Rawalpindi</p>	<p>The Shelter Homes Takes in Abandoned Children's Physically and Mentally disabled Persons as well as Women Victims of violence</p> <p>Hours of Operation: 24/7</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Edhi Homes	<p>Phone: 051-5542232</p> <p>Address: Haleem Ghar Murree Road Rawalpindi</p>	<p>The Shelter Homes Takes in Abandoned Children's Physically and Mentally disabled Persons as well as Women Victims of violence</p> <p>Hours of Operation: 24/7</p>
6	Edhi Homes	<p>Phone: 051-4410054</p> <p>Address: Commercial Market Rawalpindi</p>	<p>The Shelter Homes Takes in Abandoned Children's Physically and Mentally disabled Persons as well as Women Victims of violence</p> <p>Hours of Operation: 24/7</p>
7	SOS Children Village	<p>Phone: 051-4917311</p> <p>Address: Main GT Road Rawalpindi</p>	<p>Caters to Orphaned Children's and Provides all Necessary Facilities for Children's</p> <p>Hours of Operation: 24/7</p>



LEGAL AID

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Rabia Saghar (Adv)	Phone: 0300-5630404	Private Lawyers Who Provide Free Legal Aid Services to Victims of VAWG.Please Note that They will Might Ask for Filing charges
2	Sohil Fatima (Adv)	Phone: 0321-5293274	Private Lawyers Who Provide Free Legal Aid Services to Victims of VAWG.Please Note that They will Might Ask for Filing charges
3	Tayyaba Abbasi (BPLF) (Adv)	Phone: 0314-5322249	Private Lawyers Who Provide Free Legal Aid Services to Victims of VAWG.Please Note that They will Might Ask for Filing charges
4	Faiza (BPLF) (Adv)	Phone: 0321-4379304	Private Lawyers Who Provide Free Legal Aid Services to Victims of VAWG.Please Note that They will Might Ask for Filing charges

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Hina Noman (Adv)	Phone: 0336-5349320	Private Lawyers Who Provide Free Legal Aid Services to Victims of VAWG.Please Note that They will Might Ask for Filing charges
6	Nacem Chohan (Adv)	Phone: 0334-6318363	Deals Income Tax, Sales Corporate Matters Company Registration, Developer ,Civil. Criminal , Anti Terrorist All Kind of Legal matters
7	Adnan Ahmed (Adv)	Phone: 0333-8201382	Private Lawyers Who Provide Free Legal Aid Services to Victims of VAWG.Please Note that They will Might Ask for Filing charges



CIVIL SOCIETY ORGANIZATIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Dareeja	<p>Address: House # D-292 Block K D-Sattelite Town Rawalpindi</p> <p>Hours of Operation: 9:00AM to 4:00PM</p>	The Organization Works For Women and Girls Empowerment and Rights has A Focus on Health and Girl Child Education. The Organization Provides Referral to Health Facilities and Free Legal Aid for Victims of Violence
2	Bedari	<p>Phone: 0300-521717</p> <p>Address: 36 Street 1, Bahria Town Phase 8 Extensinon Phase 8 Bahria Town, Rawalpindi</p> <p>Hours of Operation : Mon to Fri 9:00AM to 4:00PM</p>	The Organization Works For Women and Girls Empowerment and Rights has A Focus on Health and Girl Child Education. The Organization Provides Referral to Health Facilities and Free Legal Aid for Victims of Violence
3	Namud-e-Saher Foundation	<p>Phone: 0333-5013300</p> <p>Address: House # 28 Street # 2 Fazal Town Phase 1 Rawalpindi</p> <p>Hours of Operation : Mon to Sat 9:00AM to 4:00PM</p>	The Organization Works For Women and Girls Empowerment and Rights has A Focus on Health and Girl Child Education. The Organization Provides Referral to Health Facilities and Free Legal Aid for Victims of Violence



MEDICO-LEGAL SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Benazir Bhutto Hospital	<p>Phone: 051-5774225 ,051-9290301</p> <p>Address: Chandni Chowk Near Cha Sultan Murree Road Rawalpindi</p> <p>Hours of Operation: 24/7</p>	Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled
2	Holy Family Hospital	<p>Phone: 051-9290321</p> <p>Address: Holy Family Road Rawalpindi</p> <p>Hours of Operation: 24/7</p>	Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Rural Health Center	Phone: 0332-5525359 Address: Phagwari Murree Rawalpindi Hours of Operation: 24/7	Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled
4	Rural Health Center	Phone: 051-3592140 Address: Mandra Gujar Khan Rawalpindi Hours of Operation: 24/7	Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Rural Health Center	Phone: 051-4830184 Address: Khyban-I-Sir Syed Rawalpindi Hours of Operation: 24/7	Other then General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled
6	Rural Health Center	Phone: 051-4673034 Address: Chauntra Rawalpindi Hours of Operation: 24/7	Other then General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled
7	Rural Health Center	Phone: 051-3583035 Address: Qazian Gujar Khan Rawalpindi Hours of Operation: 24/7	Other then General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
8	Tehsil Head Quatres Hospital	<p>Phone: 051-3311899</p> <p>Address: Hospital Road, Revenue Estate Kahuta Rawalpindi</p> <p>Hours of Operation: 24/7</p>	<p>Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled</p>
9	Tehsil Head Quatres Hospital	<p>Phone: 051-3356089</p> <p>Address: Kotli Sattian Rawalpindi</p> <p>Hours of Operation: 24/7</p>	<p>Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled</p>
10	Tehsil Head Quatres Hospital	<p>Phone: 051-9269076</p> <p>Address: Murree Rawalpindi</p> <p>Hours of Operation: 24/7</p>	<p>Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
11	Tehsil Head Quatres Hospital	Phone: 051-9315474 Address: Taxila Rawalpindi Hours of Operation: 24/7	Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled
12	Wah General Hospital	Phone: 051-4949191 Address: Sadat Colony Wah Rawalpindi Hours of Operation: 24/7	Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical, Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled



MEDIA SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Rawalpindi Press Club	<p>Phone: 0321-5075466</p> <p>Address: Liaqat Bagh Murree Road Rawalpindi</p> <p>Hours of Operation : Mon to Fri 9:00AM to 5:00PM</p>	<p>Coverage of News on Crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness</p>
2	Gujar Khan Press Club	<p>Phone: 051-3514886</p> <p>Address: Main GT Road Gujar Khan</p> <p>Hours of Operation : Mon to Fri 9:00AM to 5:00PM</p>	<p>Coverage of News on Crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Taxila Press Club	<p>Phone: 0300-9566975</p> <p>Address: Main Road Taxila</p> <p>Hours of Operation : Mon to Fri 9:00AM to 5:00PM</p>	<p>Coverage of News on Crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness</p>
4	Kahuta Press Club	<p>Phone: 0321-5060706</p> <p>Address: Main GT Road Kahuta</p> <p>Hours of Operation : Mon to Fri 9:00AM to 5:00PM</p>	<p>Coverage of News on Crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
5	Murree Press Club	Phone: 051-3410801 Address: GPO Chowk Main Road Murree Hours of Operation : Mon to Fri 9:00AM to 5:00PM	Coverage of News on Crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness

VEHARI HELPLINES

DISTRICT ADMINISTRATION & DISTRICT COUNCIL

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Deputy Commissioner	<p>Phone: 067-3362122 Address: District Model Jail Road, near DCO Office, Vehari</p> <p>Hours of Operation: Monday to Friday, 9am to 4pm</p>	This office is responsible for overall administration and control at the district level
2	Assistant Commissioner Vehari	<p>Phone: 067-3363304 067-3361250 Address: District Model Jail Road, near DCO Office, Vehari</p> <p>Hours of Operation: Monday to Friday, 9am to 4pm</p>	Responsible for assisting the commissioner and overall administration and control at the tehsil level

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Assistant Commissioner Mailsi	<p>Phone: 067-3410888</p> <p>Address: Quaid E Azam Rd, Model Town Mailsi, Vehari</p> <p>Hours of Operation: Monday to Friday, 9am to 4pm</p>	Responsible for assisting the commissioner and overall administration and control at the tehsil level
4	Assistant Commissioner Burewala	<p>Phone: 067-9200110 067-9200108</p> <p>Hours of Operation: Monday to Friday, 9am to 4pm</p>	Responsible for assisting the commissioner and overall administration and control at the tehsil level



POLICE & LAW ENFORCEMENT

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Police Helpline	<p>Phone: 15</p> <p>Hours of Operation: 24/7</p>	Police helpline in case of threat, emergency or to report a crime.
2	Women Desk	<p>Phone: 067-3362118</p> <p>Address: Police Station Danewal Vehari</p> <p>Hours of Operation: 24/7</p>	Responsible for the registration of FIR for cases of violence, theft, murder, kidnapping, rape and other similar offences



SHELTER HOMES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Dar-ul-Aman	<p>Phone: 067-9201250</p> <p>Hours of Operation: Monday to Friday, 8am to 3pm (However, admissions to shelter are 24/7)</p>	Established by the Social Welfare Department of the Punjab Government, they give shelter to the women victims of violence
2	Shaheed Benazir Bhutto Women Crisis Centre	<p>Phone: 067-9201355</p> <p>Hours of Operation: Monday to Friday, 8am to 3pm</p>	The centre provides shelter and emergency medical services to women victims of violence as well as free legal assistance and counselling



LEGAL AID

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Lubna Ehtsham Siddique (Legal Advisor Society for the Human Rights)	Phone: 0307-4700199	Private lawyers who provide free legal aid services to victims of VAWG. Please note that they still might ask for filing charges
2	Syed Zahid Hussain Mashhadi (International Monitoring Commission for Human Rights)	Phone: 0332-5390309	
3	Advocate Muhammad Khurram Riaz (Tehsil Bar Association)	Phone: 0300-6997692	
4	Advocate Syed Muhammad Kashif Gardezi (District Courts Vehari)	Phone: 0304-7889909	
5	Advocate Arshad Khan Baloch (Mailsi)	Phone: 0300-7727173	



CIVIL SOCIETY ORGANIZATIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Sudhaar Development Organization	<p>Phone: 067-3772660 067-3770276</p> <p>Address: House No 206 Yaqoob Abad, Burewala</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>The organisation focuses on advocacy for girls education and health. I also sets up free medical camps in collaboration with the Health and Population Welfare departments and provides referral to free legal aid providers for victims of violence.</p>
2	Young Man Society	<p>Phone: 0308-7931588 (President)</p> <p>Address: Mughal Pura Fadda Bazaar, Mailsi, Vehari, Punjab</p> <p>Hours of Operation: Monday to Friday, 9am to 5pm</p>	<p>The organisation works for women and girl's empowerment and rights and has a focus on health and girl child education. the organization provides referral to health facilities and free legal aid for victims of violence.</p>



MEDICO-LEGAL SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	District Health Officer (DHO)	<p>Phone: 067-9201115</p> <p>Address: Jinnah Rd, Sharqi Colony, Vehari</p> <p>Hours of Operation: Monday to Friday, 8am to 4pm</p>	The doctors are responsible for overall administration of all health units in the district. One can file a complaint in case of misbehavior or errors made by the health staff
2	District Headquarter Hospital (DHQ)	<p>Phone: 067-9201118 067-3362912</p> <p>Address: New Sharqi Colony, Hasilpur Rd, Vehari</p> <p>Hours of Operation: 24/7</p>	Provides all health concern care services and emergency treatments at DHQ Vehari. There is a separate unit for female health care services is functioning with labor room and MCH Care facilities as well as Medico-Legal services
3	Tehsil Headquarter Hospital Mailsi	<p>Phone: 067-3412050</p> <p>Address: Railway Rd, Mailsi, Vehari</p> <p>Hours of Operation: 24/7</p>	Provides all health concern care services and emergency treatments at THQ Vehari. There is a separate unit for female health care services is functioning with labor room and MCH Care facilities as well as Medico-Legal services

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
4	Tehsil Headquarter Hospital Burewala	Phone: 067-9200147 Address: Stadium Rd, Burewala, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the THQ and also are responsible for medico legal in cases that require it
5	Rural Health Center (RHC)	Phone: 673692019 Email: azamchich335@gmail.com Address: Tibba Sultan Pur, Mailsi, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it
6	Rural Health Center (RHC)	Phone: 0308-7759600 Email: amirbhatti608@gmail.com Address: Karam Pur, Mailsi, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
7	Rural Health Center (RHC)	Phone: 3003777715 Email: nosherahmad71@gmail.com Address: Garha Morr, Mailsi, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.
8	Rural Health Center (RHC)	Phone: 673501210 Email: abassali421@gmail.com Address: Gaggo, Burewala, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.
9	Rural Health Center (RHC)	Phone: 0332-7215657 Address: Chak No. 148/EB, Burewala, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.
10	Rural Health Center (RHC)	Phone: 03075681857 Email: rhcjallahjeem@yahoo.co.uk Address: Jallah Jeem, Mailsi, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
11	Rural Health Center (RHC)	Email: rhcsahuka1@gmail.com Address: Sahuka, Burewala, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.
12	Rural Health Center (RHC)	Phone: 0301-3038493 Address: Sharaf, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.
13	Rural Health Center (RHC)	Phone: 0301-6579780 Email: aamirrafiq8452brw@gmail.com Address: Machiwal, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.
14	Rural Health Center (RHC)	Phone: 067-3691249 Email: a.t6276275@gmail.com Address: Luddan, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
15	Rural Health Center (RHC)	Phone: 673789099 Email: karamat161fs@gmail.com Address: Chak No. 87/WB, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.
16	Rural Health Center (RHC)	Phone: 067-3372219 Email: rhc56@gmail.com Address: Chak No. 56/WB, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.
17	Rural Health Center (RHC)	Phone: 0322-2296999 Email: asma.sethi@yahoo.com Address: Chak No. 222/EB, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.
18	Rural Health Center (RHC)	Phone: 0334-4788894 Address: Chak No. 188/EB, Mian Pakhi, Vehari Hours of Operation: 24/7	Provides primary health care services and a gynae consultant available at the RHC and also are responsible for medico legal in cases that require it.



MEDIA SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Vehari Press Club	Address: Jinnah Road near Tehsil Office, Vehari	Hours of Operation: Monday to Friday, 9am to 5pm
2	Punjab Press Club	Address: Block H, Vehari	
3	Pakistan Press Club	Address: Zia Shaheed Rd, Block D, Vehari	
4	District Press Club	Address: Vehari, Punjab	
5	Mailsi Press Club	Address: Quaid E Azam Rd, Lal Jahanian Mailsi, Vehari, Punjab	
6	Press Club Burewala	Phone: 067-3354066 Address: 165/D College Rd, Burewala, Vehari	

TOBA TEK SINGH HELPLINES

DISTRICT ADMINISTRATION & DISTRICT COUNCIL

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Deputy Commissioner Office TTS	Phone : 042-2515905 Address: Chichawatni- Rajan road, toba tek singh, toba tek singh district. 8:00AM to 5:00PM	This Office is responsible for overall administration and central at district level and He is responsible for all the Revenue of Government of pakistan at district level.
2	Assistant Commissioner Office	Phone : 046-2515967 Address: Rajan road, toba tek singh, toba tek singh district. 08.00 am to 5.00 pm	This Office is responsible for overall administration and central at district level.



POLICE & LAW ENFORCEMENT

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Police helpline	Phone : 15 Address : Toba tek singh, toba tek singh district. 24 Hours	Police Helpline In Case of Threat Emergency or to Report a Crime operational hours 24/7
2	Police Spokesman Attaullah	Phone : 0333-6874381 Ptl:046- Address: Rajan road, toba tek singh, toba tek singh district. 08.00 to 03.00 pm	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences
3	Women Police line help	Phone : (046)92011069 Address : Gojra road, toba tek singh, toba tek singh district. 24 Hours	Responsible for the Registration Of FIR for Case of Violence, Theft, Murder, Kidnapping, Rape and Other Similar Offences 24/7
4	District Jail	Phone : 0462510700 Address : Shorkot road, toba tek singh, toba tek singh district. 9:00 AM to 5:00PM	District Jail Kept all the prisoners according to their offenses and attending all the court hearing



SHELTER HOMES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Dar-ul-Aman	<p>Phone : 046-2518389 Cell# 03371615313 Address: Jhang road, toba tek singh.</p> <p>24 Hours</p>	Established by Social Welfare Department of the Punjab Government they Give Shelter to Women Victims Of Violence
2	Old age Home	<p>Phone : 046-2515603 046-2515050 Address: Jhang road, social welfare office toba tek singh.</p> <p>24 Hours</p>	takes care of elderly people whose families don't keep them at house, and women by providing them with food, shelter and clothing.



LEGAL AID

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Happy life legal aid services (Iftikhar Ahmed Advocate)	Phone : 0345-7555271 Address: Iftikhar Ahmad Advocate Disst Court, toba tek singh. 8:00 AM to 3:00PM	Following are the main working theme.1- Lobbing and Advocacy 2-Human Rights 3-Women empowerment
2	Aamir Nadeem Advocate	Phone : 03326262621 Address: Sidhu law chamber, Disst court, toba tek singh. 8:00 AM to 5:00PM	if it's a private legal aid firm then please add, what kind of cases do they deal with. Information and Operational hours missing, .Numbers didn't respond when we called.
3	Women crises center	Phone : 042-9201069 Address: Thana city, woemn crises center, toba tek singh. 8:00 AM to 5:00PM	if it's a private legal aid firm then please add, what kind of cases do they deal with. Information and Operational hours missing, .Numbers didn't respond when we called.



CIVIL SOCIETY ORGANIZATIONS

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Society for human development Pakistan	Phone : 92-46-2512471 Fax: 92-46-2517871 Address: hareef colony, opposite railway gate, shorkot road, toba tek singh.36050 9:00AM to 2:00 PM	Working Theme of the Society for Human Development mentioned under below. 1-Advocacy and Lobbying 2-Brick kiln Workers Empowerment program 3-Micro Credit Program 4-Women Empowerment Program
2	Happy life human rights crises center	Phone : 0333-5325596 Address: Akal wala road, toba tek singh. Morning 11.00 Am To 8.30 Pm	1-Advocacy 2-Women Rights program

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Happy life psychological services	Phone: 046-2518099,03125325596 Address: Akal wala road, toba tek singh. 11:00 AM to 2:00 PM and 4PM to 6:00	1-check up Patients 2-Rehabilitation of Patient



MEDICO-LEGAL SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	City gynae Hospital District health complex	Phone: (046)9201024 Address: Health complex, jhang road, toba tek singh. 24 Hours	Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical ,Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled 24/7
2	DHQ Hospital Toba tek singh	Phone : (046)2200083 Address: Rajana road, toba tek singh, toba tek district, punjab 36050. 24 Hours	Other than General Health Services Provided At the Hospital Medico Legal Services Including Surgical ,Orthopedic and Emergency Aid are Available for Victims of Violence Sexual Assault Victims will Get Medico Legal Report only If FIR is Filled 24/7



MEDIA SERVICES

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
1	Press Club	<p>Phone : (046)2515973 Address: Jhang road, toba tek singh. 10.00 am to 06.00pm</p>	<p>Coverage of News on Crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness</p>
2	Bol Tv	<p>Phone : 03335325596 Address : Sultan sidhu akal wala road, toba tek singh. 10.00 am to 06.00pm</p>	<p>Coverage of News on Crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness</p>

S#	NAME	CONTACT INFORMATION	NATURE OF SERVICE PROVIDED
3	Dunya media group	Phone : 03006565159 Address : Muhalla mustafa bad, toba tek singh. 10.00 am to 06.00pm	Coverage of News on Crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness 24/7
4	Ab Tak	Phone : 03336871722 Address: imran yousaf akal wala road, toba tek singh. 10.00 am to 06.00pm	Coverage of News on Crimes, violence, Social and Political Events, Violation of Rights, Exposing Corruption and Law & Order Situation Arranges Press Conferences to Highlight Opinion of victims of any Kind of Offence and Promote Rules of Law Media Act As Watchdog to Protect Public Interest against Malpractice and Create Public Awareness 24/7

Published by:

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Publishing Year :2023

This Information was collected till 13th April 2023 Date

Cutout Area

Note:-The application can be downloaded via Google App Store by scanning the QR code. It can be accessed offline and information is available in English and Urdu

