HELPLINES

in the **Philippines** and **Singapore** for Violence Against Women and Children Concerns

HELPLINES IN THE PHILIPPINES

Kung ikaw o ang iyong kapamilya, kamag-anak, kaibigan o kakilala ay nakakaranas ng pang-aabuso laban sa kababaihan, huwag matakot humingi ng tulong sa mga sumusunod na opisina, ahensya o departamento ng gobyerno ng Pilipinas:

- **Barangay VAW Desk sa inyong Barangay Hall**
- **Provincial/City/Municipal Social Welfare and Development Office ng Local Government Units**
- **Department of Social Welfare and Development (DSWD) Community-Based Services Section (CBSS)**
  Legarda, Manila
  Tel. Nos.: 733-0014 to 18 local 116 / 488-2861
- **Philippine National Police (PNP) Women and Children Protection Center**
  Camp Crame, Quezon City
  Tel. No.: 410-3213 / 532-6690
  Aleng Pulis Text Hot-line: 0919-777-7377
  Emergency Hotline: 911
- **Women and Children Protection Desk of nearest Precinct**
- **National Bureau of Investigation (NBI) Anti-Violence Against Women and Children Division (VAWCD)**
  V-Tech Tower, G. Araneta Avenue, Quezon City
  Main Office: (02) 8523-8231 to 38 / (02) 8525-6028
- **PNP Women and Children Protection Center (WCPC)**
  Main Office: (02) 8532-6690 / 7410-3213 / 7723-0401 local 5260, 5360, 5361
  Visayas: 0917-7085157 / (032) 410-8483
  Mindanao: 0917-1806037
  Aleng Pulis: 0919-7777377 / 09667255961
- **DOJ – Public Attorney's Office (DOJ-PAO)**
  (02) 8929-9436 local 106, 107 or 159
  (Local "0" for operator)
  DOJ Action Center: (02) 8521-2930 / 8523-8481 loc. 403
- **UP-PGH Women's Desk**
  Tel. nos.: (02) 8353-0667 / 8542-1512 / 8554-8400 local 2536
- **DOH Hospitals, Women and Children Protection Unit**
- **Women's Crisis Center (WCC) Women and Children Crisis Care and Protection Unit**
  Vito Cruz, Manila
  Tel. no.: (02) 8514-4104
  Mobile: 0920-9677852 / 0917-8250320
- **VAW Helplines (Per Region)**
- https://pcw.gov.ph/violence-against-women-helplines/

BAGONG PILIPINAS

HELPLINES IN SINGAPORE

SINGAPORE POLICE FORCE
SAFEGUARDING EVERY DAY

Ang Singapore ay may mga nauukol mga batas na nagbabawal at nagpapataw ng karampatang parusa sa pananananakit at panliligalig sa mga residente nito, partikular sa mga kababaihan at mga bata tulad ng **Women's Charter**, **Protection from Harassment Act** at mga nauugnay na probisyon ng **Penal Code**.

Kung ikaw ay nakaranas o nakakaranas ng anumang uri ng karahasan gaya ng pang-aabuso at panliligalig (e.g. stalking), iulat ang krimen sa Singapore Police Force (SPF) sa naayong numero na nakatala sa kanilang website.

Ang mga residenteng nakakaranas naman ng domestic o family violence ay maaaring mag-apply ng **Personal Protection Order** sa Family Justice Courts o humingi ng tulong mula sa **Family and Child Protection and Welfare Service** (6354 2860 o sa toll free line 1900 777 0000).

BAGONG PILIPINAS