

Need help? Contact us or any of the NGOs given below. We're all here to help you.

Bedari

Bedari is a national-level NGO working with women and girls to protect their human rights. It focuses on advocacy (such as land rights), ending child marriage, and providing shelter along with medico-legal services to girls and women who wish to escape from domestically abusive and violent situations.

It is based in Islamabad.

Toll-free Helpline: 0800-13536

<http://www.bedari.org.pk/>

War Against Rape (WAR)

WAR is an NGO which majorly focuses on helping victims of rape and sexual violence get justice. It provides legal aid and psycho-therapeutic counseling.

021-35373008

info@war.org.pk

<http://war.org.pk/>

Mehergarh

This particular NGO focuses on raising awareness regarding sexual violence and harassment. It is a member of AASHA, and works with Pakistan's youth in order to make this society a safer place. It focuses on creating a critical mass of young people who are committed to responsible citizenry, progressive leadership and who have an impetus for action.

051-227-0270, 051-873-4090

info@mehergarh.org

<http://mehergarh.org/>

Sujag Sansar

Sujag Sansar literally means "awakening the world". Established in 2005, this rights group is working to end the age-old practice of child marriage in Dadu. It is unique in that it is *led by men* in a country where patriarchy is practically entrenched in every aspect of society.

Sujag Sansar also works to protect human rights issues not usually addressed by politicians, including girls' education, environment protection and clean drinking water.

It is based in Dadu, Sindh.

025-4740588

<https://www.facebook.com/Sujag-Sansar-Organization-146395862064032/timeline/>

<http://www.suajgsansar.org/>

Acid Survivors Pakistan

ASP is a registered, a non-profit organization which was founded in 2006 with the support of the UK-based Acid Survivors Trust International, to support survivors of acid attack in Pakistan. They work to spread awareness against acid attacks, along with helping to rehabilitate survivors of acid attacks and ensuring that they are reintroduced into society as empowered and autonomous citizens.

Islambad, Punjab

051-2305354

asfpakistan@gmail.com

<http://acidsurvivorspakistan.org>

Lawyers for Human Rights and Legal Aid

LHRLA was formed to aid those who cannot afford legal counseling and the expenses of litigation. This organization works to provide justice to the masses, and works on various different issues, from child abuse, harassment, hudood ordinance and legal reforms to trafficking and juvenile justice; to name just a few.

Karachi

111-911-922

lhrla@fascom.com and madadgaar@cyber.net.pk

<http://www.lhrla.com.pk/>

Aahung

Ahung is an NGO which aims to improve reproductive health of men, women and adolescents across Pakistan. It works to improve the quality of health services and advocates an environment where an individual's health and rights are respected, protected and fulfilled.

021-35821654 – 021-35870244

ask@aahung.org

Sahil

Sahil is an NGO which has been working on child protection services for the past 20 years. Its services include free child counseling, juvenile rehabilitation and legal services, among many others. It has offices in different parts of Pakistan.

0800-13518 and 051-2856950

Info@Sahil.Org

<http://sahil.org/>

Shirkat Gah Women's Resource Centre

ShirkatGah is an NGO a non-hierarchical women's Collective to integrate consciousness raising with a development perspective, and to initiate projects translating advocacy into action.

Karachi, Lahore, Peshawar

042-35838815, 042-35832448

sgah@sgah.org.pk

<http://www.shirkatgah.org/>

Women Living Under Muslim Laws

Women Living Under Muslim Laws is an international solidarity network that provides information, support and a collective space for women whose lives are shaped, conditioned or governed by laws and customs said to derive from Islam.

A global network, its Asia Coordination office is through Shirkat Gah.

wluml@wluml.org
<http://www.wluml.org>

Aware Girls

Aware Girls is an organization led by young women working for women empowerment, gender equality, and peace in Pakistan. Their aim is to strengthen the leadership capacity of young women enabling them to act as agents of social change and women empowerment in their communities. Their projects include healing trauma victims, awareness and prevention against HIV among young women, micro-entrepreneurship among many others.

Across Pakistan

091-5863990

info@awaregirls.org

<http://awaregirls.org>

Mukhtar Mai Women's Organisation

Mukhtar Mai Women's Organization is the champion defender of women's rights and education in the Southern region of Punjab Province, Pakistan, a region with some of the world's worst examples of women's rights violations, such as gang rape, domestic violence, honour killing, vani (exchange of women in settling family/tribal disputes), and child marriages. Some of its projects include shelter homes, advocacy and women resource centers.

Across Pakistan

info@mukhtarmai.org

www.mukhtarmai.org

Stop Violence Against Women

The Stop Violence Against Women website (STOPVAW), a project of The Advocates for Human Rights, is a forum for information, advocacy and change in the promotion of women's human rights around the world.

USA

(612) 341-3302

hrights@advrights.org

<http://www.stopvaw.org/>

White Ribbon Campaign Pakistan

White Ribbon Campaign Pakistan (WRCP) was initiated in July 2006 by Women's Empowerment Group (WEG) and Vision 2015 with the objective of involving men to reduce violation of women's rights. 'Justice can be provided by those who do injustice because they have the power to do both,' is the basis of the WRCP. The aim behind the concept of men working to end violence against women is to embed the realization in men that masculinity does not lie in using power against women. It, therefore, works with men as its

stakeholders and believes that men, even in instances where they are not part of the problem, can bring forth the solution.

Across Pakistan

042-35883570, 042-35883571, 042-35883572

info@whiteribbon.org.pk

<http://www.whiteribbon.org.pk/>

Rahnuma

Rahnuma is a site providing information, support and resources for anyone who is undergoing abuse, for friends and families of victims who are seeking help, and for allies who are working in the field to provide advocacy and direct services to survivors.

Across Pakistan.

042-111-223-366

<http://www.fpapak.org/>

Rozaan

Rozaan is an Islamabad-based NGO working on issues related to emotional and psychological health, gender, violence against women and children, and the psychological and reproductive health of adolescents.

Major Cities

0800-22444 and 051-289-0505-7 (for in-person counseling)

info@rozaan.org

<http://www.rozaan.org/>

Aurat Publication and Information Service Foundation

Established in 1986, Aurat Publication and Information Service Foundation is a civil society organization committed to working for women's empowerment and citizens' participation in governance for creating a socially just, democratic and humane society in Pakistan.

Across Pakistan

0800-22266

headoffice@af.org.pk

<http://www.af.org.pk/>

The Balochistan Foundation for Development

Implementing an 18-month project, funded by the United Nations Office for Project Services (UNOPS) to combating gender-based violence in Balochistan.

Based in Quetta.

021-266-6727

bfd_qta@yahoo.com

<http://www.unhcr.org/4ea9184e19.html>

Peaceful Environment for Women Society

This particular NGO seeks to raise gender equality in the region.
It is based in Har Bazar Tehsil District, Awaran.
085-6201482

Hard Balochistan

Health And Rural Development (HARD) Balochistan is an NGO working to improve the social conditions of Balochistan. Its goal is to create a prosperous society without any discrimination. Its main projects include advocacy, health, education, women and children rights and youth development, among others.

info@hardbalochistan.org

www.hardbalochistan.org

Citizen Rights and Sustainable Development

CRSD is a non-profit organization, involved in conducting research in FATA to understand the causes and forms of gender-based violence in a traditional Pushtun tribal society. Registered under the Society's Act 1860, it has been working with the community for the past 30 years on several social issues, including women development, child labor, and health and political rights.

FATA

(091) 2247100

crsdpk@gmail.com

<http://www.facebook.com/CRSD.org>

Marie Stopes Society International

Marie Stopes Society (MSS) is a social enterprise that provides reproductive health and family planning services to the people of Pakistan. Registered in 1990. MSS is a subsidiary of Marie Stopes International (MSI), a UK based organization with partners in 43 countries around the globe. Marie Stopes Society is dedicated to safeguarding the reproductive and sexual health of individuals. Its services include ensuring safe motherhood and family planning.

It has mobile teams across Pakistan.

0800-22333 (online helpline) and 111-538-538

recruitment@mssp.org

<http://mariestopespk.org/>

Masoom Rights Development Society (MRDS)

MRDS emerged into the development sector with an enthusiasm to support and serve the underprivileged focusing on fields like Basic Human Rights, including Child & Women Rights, Primary Health Care, Health n' Hygiene, Education, Drugs, Gender Equality, Relief & Rehabilitation and Environment, etc.

Quetta, Balochistan

081-2828918, 081-2010188

mrds@mrds.org.pk

www.mrds.org.pk

Legal Awareness Program for Human Rights

Legal Awareness Program for Human Rights (LAPH) is a non-governmental and non-profit organization working in Chitral District since 1997. Since its establishment LAPH has been working in the district to promote women's equal rights and human dignity in coordination of different organizations

Chitral, KP

(0943) 414568

laph.chitral@gmail.com

<https://www.facebook.com/Legal-Awareness-Programme-for-Human-RightsLAPH-153668304689778/timeline/>

<http://www.laph.org.pk>

Women's Rights Association (WRA)

WRA (Women's Rights Association) is a registered not-for-profit organization (under Social Welfare Registration ACT), which was founded in 1999. It strives for social, political and economic rights of underprivileged women. It has been working for over 15 years to fight against gender based violence, promote hygiene practices and support women in the southern Punjab region.

Multan, Punjab

061-6513386

wra.org.pk@gmail.com

www.wra.org.pk