

## Helpline numbers for LGBT\*QIA+ persons:

### Delhi

**Nazariya:** A Queer Feminist Resource Group:  
+91-9818151707  
(Monday to Friday 10 am to 6 pm)

**Naz Foundation:** +91 -11-40793157

**Humsafar Trust:** +91 -11-46016699

**Dhanak of Humanity:** +91-7669078683

**Tweet Foundation:** +91-9953911270

**Shakti Shalini:** +91- 9654462722 and  
+91-7838957810  
(Monday to Friday 10 am to 6 pm)

**Jagori:** +91-8800996640

### Kolkata

**Sappho for Equality:** +91-9831518320

### Bengaluru

**Raahi:** +91-9739780319



## Checklist:

- I have not taken any money or valuables from my home. The money that I have taken is mine.
- I have written a letter to the local police station in my area in my own handwriting saying that I am leaving the home of my own will and no one has forced me to do so. In the letter, I have also mentioned that I have not taken anything except the legal documents that belong to me.
- I have carried all my legal documents.
- I have an emergency contact/friend I can reach out to and/or have the contact number of my emergency contact/ friend on speed dial emergency contact/ friend knows my whereabouts.
- I have asked my emergency contact/ friend to seek help from queer organisations (if needed) or I have reached out to the organizations listed below for further assistance like finding a shelter home, etc.
- I have informed my close friends/family/confidants know about my situation. Try and write a detailed email to them.
- I have opened a new Gmail account that is not connected to my phone.
- I have prepared a safety bag.

## What to put in a safety bag:

- My Aadhar Card and/or election/voter id card and/or Pan Card and/on Ration card and/or Driving License and/or Passport
- My bank passbook(s) / chequebook(s)
- My ATM Card
- My health insurance card/certificate/documents and life insurance documents
- Essential medication you are on and prescription of your medication especially if you are on any medication (physical or mental health).
- Keys to your almirah, house, car, bank locker, etc.
- Some emergency cash
- A copy of the perpetrator's ID (PAN Card, voter/ election id/Aadhar Card, etc.)
- My education certificates

## Whatever else you think is important.

We suggest not taking jewellery because there might be a case of theft against you.

Keep this guide hidden from the person(s) who is being violent to you.

**This guide is only meant for people who are 18 and over the age of 18.**

Safety checklist for LGBT\*QIA+ persons

**As per the Supreme Court direction in WP(Civil) 231 of 2010 (dated 27th March 2018)**

Young bachelor-bachelorette couples/young married couples (of an inter-caste or inter-religious or any other marriage) whose relationship is being opposed by their families /local community/Khaps:

- If a couple has a potential threat to their life and liberty, they can approach the office of Superintendent of Police (SP)/District Magistrate (DM)
- It is the responsibility of SP/DM to provide police protection to the couple
- If needed, couple can also be shifted to a government Safe House under the supervision of the jurisdictional District Magistrate and Superintendent of Police

### Things to keep in mind:

- You are leaving home only because your life is threatened at home and not because of anything else that can still be managed while staying with your family.
- You have a job to sustain yourself when you leave your family. In case of a life-threatening situation, it is OK to not have a job and run away from home. If you are 18 and over the age of 18, you have every right to move out of a violent house. This is the first step.
- Do not let the person(s) who is being violent to you know that you are thinking of leaving.
- Be complacent while you are at the place of the person(s) who is being violent to you. Do not revolt. We know it's difficult, but it is just for the time being.
- Let your close friends/confidants/counsellors/queer helplines know about your situation. We suggest this in case your friends are unable to reach out to you, they can contact appropriate authorities and inform them of the situation.
- Start seeking help (legal, psycho-social/mental or any other help you think is necessary for you at that particular time) in advance but don't let the

person(s) who is being violent to you or anyone close to the person know about it.

- Start collecting your valuables without the knowledge of the person(s) who is being violent with you. Don't collect everything at one go. Do it one by one else it will alert the person(s) who is being violent to you.
- If you want to carry some clothes with you, keep them in a separate bag on the pretext of donating them. You can keep them safe at a friend's house for the time being. But don't worry about clothes. You can always keep a pair in the bag that you are carrying or you can layer up (wearing multiple layers of clothes).
- Keep some money in a safe space - maybe with a friend or at a place in the house where the person(s) who is being violent to you can't see.
- When you decide to leave, keep your phone and SIM at home, do not carry them with you. It is best to buy a basic phone and another SIM. Do not circulate this new number. This is a temporary phase and once we get the protection order from appropriate authorities, you can use a regular phone.
- Do not go to a friend's house that the person(s) who is being violent to you knows about. If you

are working, try to rent out a space at an unknown location. If you are not working, rent out a PG for the time being with your saved money. If you don't have those two options, go to a friend's house whom the abuser does not know. Otherwise, reach out to a women's helpline/queer helpline.

- Keep important numbers handy such as your friends/confidants/counsellors/queer helplines (use a small notebook to write those numbers).
- Leave when you get a chance and reach a safe home. Immediately send a letter to your nearest police station (the place where you have run away from) saying that you have left home voluntarily and that no one has persuaded you to leave the place (we have given a template below). Mention the violence if you want to; if you don't want to mention it, that is also fine. Please don't start staying at anyone's house without sending a letter to the police station (nearest police station to your earlier house and the new home)
- Don't use your ATM/Credit Card (linked to the person(s) who is being violent to you) to take out cash because they can track your movement by contacting the bank. If you use your ATM/credit card for buying clothes, or food, don't give your phone number or address either at the billing counter.

### Letter Template

To,

The SHO <Nearest Police Station>

Date: .....

**Subject:** Leaving home on my own free will

Sir/Ma'am,

I am <write your age> years old. I was residing at <put the address where you ran away from> till <the date when you ran away>. I have left this place on my own free will without any coercion, pressure, or influence from anyone or anywhere.

I am thereby, informing you through this letter that I don't want anyone to look for me. Please find my ID attached for age and address proof.

Yours sincerely,

<Your name>

**CC:** Parents

Address and phone number