



## DILAASA - Crisis Intervention Department for Women

Sometimes, we visit the hospital for treating various complaints, such as injuries, aches and pains or serious injuries like burns. At times, there is no physical illness, but we feel stressed due to financial problems at home, or when our family members mistreat us. These worries lead to health complaints like sleeplessness, headaches, frequent dizziness, and problems related to menstruation. The pressure may mount to such an extent that we feel like ending our lives.

When we visit the hospital for treating any of these complaints, healthcare providers ask us to specify reasons while filling case papers. Some of us are able to say that we were hit by our husband; some of us may have even have filed a complaint with the police before visiting the hospital. But most of us often hesitate to say that our husband, parents or close relatives have beaten us. It is not easy to admit that our in-laws or parents make us feel oppressed. We say instead, that we were hurt in an accident.

At Dilaasa, we offer women the space to talk about difficulties under the assurance of confidentiality – the information will not be shared with others. This centre has been set up as a joint initiative of the MCGM and Centre for Enquiry into Health and Allied Themes (CEHAT), Mumbai. There are trained, sensitized professionals to confide in and help find a way out of the difficult situation. Women can seek advice, avail of legal redress, police intervention, temporary shelter for one or two days in situations of emergency, and get current information on new laws passed by the government through this department.

In order to put an end to the violence that women and girls face at home from their family members, the Government of India enacted the **Protection of Women from Domestic Violence Act, 2005**. Under this Act, women are entitled to protection irrespective of caste or religion. Whether you are facing violence from in-laws, parents or any other relative, you can avail of help under this law. If there are difficulties that prevent you from seeking legal remedies by yourself, this law makes it possible for another person to do so on your behalf. We often fear that by speaking out against violence, we may stand to lose the roof over our heads. However, with the help of this law, it is possible to continue living in the same house and resisting violence. This law aims to empower women.

Each one of us wishes to live in a home free from violence; Dilaasa is making an effort towards this, guided by the motto that ‘No one has the right to inflict violence on another person’. Dilaasa is committed to working with women to reduce loneliness and instil greater confidence.



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**Bandra:** Dept. No. 101, Gynec OPD, K. B. Bhabha Hospital, R. K. Patkar Marg, Bandra (W), Mumbai - 50  
Time: Mon To Fri - 9:00 a.m. to 4:00 p.m. / Sat. - 9:00 a.m. to 12:00 noon  
Phone: Direct 26400229 / Bhabha - 26422775 / 26422541 Ext. 4376, Email: dilaasamumbai@gmail.com

**Kurla:** K. B. Bhabha Hospital, Belgrami Road, Kurla (W), Mumbai - 70  
Phone: 26500241 Extn. 212 Time: Wed. & Thu. - 9:00 a.m. to 4:00 pm.