

## **Namibia**

Helpline: (09264) 61-232-221

Website: [WWW.LIFELINE.ORG.ZA](http://WWW.LIFELINE.ORG.ZA)

### **LifeLine/ChildLine Namibia**

Call: 116

LifeLine/ChildLine Namibia is dedicated to providing free and confidential support by phone. We support everyone in Namibia who may be looking for support with abuse & domestic violence, family issues, gender & sexual identity, grief & loss, relationships.

When you reach out to us you will talk with one of our friendly and supportive counselors or volunteers who are experienced in how to help people in your situation. They will listen to you, unpack your story and feelings, and work with you to help you through your challenges. Anyone can call and receive free support. We exist to help everyone regardless of age, gender, beliefs or ethnicity.

### **106 GBV Helpline**

Call: 106

106GBV is dedicated to providing free and confidential support by phone. We are here to help everyone in Namibia who may need emotional support with abuse & domestic violence, family issues, gender & sexual identity, grief & loss, relationships.

When you reach out to us you will talk with one of our trained counselors or volunteers who have experience in how to help people with similar experiences to your own. They will listen, express empathy and understanding, and assist you to find a way through your situation. Anyone can call and receive free support. We exist to help everyone regardless of age, gender, beliefs or ethnicity.