







If you are experiencing any form of violence or abuse:



Reach out to supportive family, friends, neighbours



Call 999 or 9999 Royal
Eswatini Police Service Toll
Free, 951 SWAGAA Toll
Free or SMS SWAGAA to
8500, or112 National
Disaster Management
Agency (NDMA) Hotline



Seek out support services close to you such as local health facilities, social welfare offices, community police and trained life mentors under the Insika Ya Kusasa project