

PROTEST SUPPORT PHONEBOOK



INTRODUCTION

The Vuka Protest Support Phonebook is a support directory for those organising protests, both offline and online. Organisers and their allies can find support from 25 international and regional civil society organisations listed in this phonebook.

At a time when civil society actors and activists, human rights defenders (HRDs), and others are facing unprecedented attacks, resources and funding to NGOs to continue providing vital protection support and urgent relief are being severely cut back. This is having a significant and grave impact on those at risk of human rights violations and abuses. In this current climate, this phonebook provides a summary of those organisations that are still positioned and resourced to respond.

HOW WILL THIS PHONEBOOK HELP?

This phonebook sets out the services and support that you may need to access in an emergency, or over the short and long-term. It is organised by international organisations and then regionally. It covers:

- Urgent, short and long-term support for legal aid, medical aid, relocation, emergency grants.
- Digital security and safety resources in multiple languages.

WHO IS THIS PHONEBOOK FOR?

This handbook is for organisers of peaceful protests, and this includes civil society organisations and activists, human rights defenders (HRDs), trade unionists, and campaigners.

HOW TO USE THE PHONEBOOK?

This phonebook should be read as part of the preparation for organising peaceful protests to familiarise and identify the services and support that may be helpful for you to access, including in an emergency.

PHONEBOOK VERSION AND UPDATES

Last updated: March 2026

Version number: 2.0

QR Code: XXXX

Help us update: Securely submit updates to Vuka by XXXXX

This updated version of the phonebook, alongside the Updated Protest Handbook Version 2, will be stress-tested at the regional level by the Vuka Coalition Allies in the coming months. This is part of its strategy to deepen its consultation with key stakeholders and those organising peaceful protests at the regional and local level to strengthen the content of the phonebook and its usefulness at both the regional and national levels.

If your organisation is listed in this phonebook, Vuka would welcome confirmation or correction of the information, contact details, and links included to ensure they are up-to-date and relevant. If you are a user of the phonebook Vuka would welcome feedback on the content, layout, and accessibility of the information as well as any contributions regarding other organisations at the international, regional and national level that offer protection support and services of the type included in the phonebook.

The phonebook does not include organisations that provide grants or funds for activities and programmes, nor does it include organisations that carry out advocacy or representation work. It focuses on organisations that provide protection support and urgent relief, as well as resources that can be accessed to strengthen safety and security, for example digitally. It has also prioritised the inclusion of organisations whose websites clearly indicate how help and support can be accessed.

Eligibility and Checks

Obtaining assistance, no matter how urgent, involves organisations carrying out checks to ensure that those asking for help are eligible and credible. These checks are a necessary part of the verification steps that they need to take and sometimes this can take time. It is also important to note that not everyone in need of assistance will qualify so sometimes individuals are refused. On those occasions organisations will usually set out the factual reasons for refusing your application for help.

INTERNATIONAL

REGIONAL

By types of support:

PROTECTION (incl. medical)

LEGAL

DIGITAL SECURITY

RELOCATION

EMERGENCY GRANTS

RESOURCES

INTERNATIONAL

- [Access Now](#)
- [Amnesty International](#)
- [Agir ensemble pour les droits humains \(formerly AEDH\)](#)
- [Front Line Defenders](#)
- [World Organisation Against Torture \(OMCT\)](#)
- [Fund for Global Human Rights](#)
- [FIDH \(International Federation for Human Rights\)](#)
- [World Organisation Against Torture \(OMCT\)](#)
- [Committee to Protect Journalists \(CPJ\)](#)
- [Rainbow Railroad](#)
- [Media Defence](#)
- [Open Briefing](#)
- [Solidarity Center](#)
- [International Centre for Not-For-Profit Law \(ICNL\)](#)
- [Peace Brigades International](#)
- [Urgent Action Fund](#)

REGIONAL

Americas

- [Centro de Estudios Legales y Sociales \(CELS\)](#)

Africa

- [AfricanDefenders](#)
- [DefendDefenders](#)
- [Urgent Action Fund – Africa](#)

Asia-Pacific

- [Urgent Action Fund for Women’s Human Rights Asia-Pacific](#)
- [Asia Democracy Network](#)

Europe

- [Protect Defenders](#)
- [Civil Rights Defenders – Emergency Fund](#)

MENA

- [Euro-Mediterranean Foundation of Support to Human Rights Defenders](#)

BY TYPES OF SUPPORT

PROTECTION (INCL. MEDICAL)

- [Front Line Defenders](#)
- [Amnesty International](#)
- [Agir ensemble](#)
- [FIDH \(International Federation for Human Rights\)](#)
- [World Organisation Against Torture \(OMCT\)](#)
- [Committee to Protect Journalists \(CPJ\)](#)
- [Rainbow Railroad](#)
- [Open Briefing](#)
- [Solidarity Center](#)
- [International Centre for Not-For-Profit Law \(ICNL\)](#)
- [Peace Brigades International](#)
- [DefendDefenders](#)
- [Urgent Action Fund for Women's Human Rights Asia-Pacific](#)
- [Protect Defenders](#)
- [Euro-Mediterranean Foundation of Support to
Human Rights Defenders](#)

INTERNATIONAL

REGIONAL

By types of support:

PROTECTION (incl. medical)

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RESOURCES

LEGAL

- [Amnesty International](#)
- [Agir ensemble](#)
- [World Organisation Against Torture \(OMCT\)](#)
- [Committee to Protect Journalists \(CPJ\)](#)
- [Media Defence](#)
- [Centro de Estudios Legales y Sociales \(CELS\)](#)
- [Civil Rights Defenders – Emergency Fund](#)
- [Euro-Mediterranean Foundation of Support to Human Rights Defenders](#)

DIGITAL SECURITY

- [Access Now](#)
- [Front Line Defenders](#)
- [Committee to Protect Journalists \(CPJ\)](#)
- [Open Briefing](#)
- [African Defenders](#)
- [DefendDefenders](#)
- [Asia Democracy Network](#)

RELOCATION

- [Fund for Global Human Rights](#)
- [African Defenders](#)
- [Protect Defenders](#)
- [Euro-Mediterranean Foundation of Support to Human Rights Defenders](#)

EMERGENCY GRANTS

- [Front Line Defenders](#)
- [Urgent Action Fund](#)
- [Centro de Estudios Legales y Sociales \(CELS\)](#)
- [DefendDefenders](#)
- [Urgent Action Fund – Africa](#)
- [Urgent Action Fund for Women’s Human Rights Asia-Pacific](#)
- [Protect Defenders](#)
- [Civil Rights Defenders – Emergency Fund](#)
- [Euro-Mediterranean Foundation of Support to Human Rights Defenders](#)

RESOURCES

- [Committee to Protect Journalists \(CPJ\)](#)
- [DefendDefenders](#)

INTERNATIONAL

REGIONAL

By types of support:

PROTECTION (incl. medical)

LEGAL

DIGITAL SECURITY

RELOCATION

EMERGENCY GRANTS

RESOURCES

INTERNATIONAL

ACCESS NOW

<https://www.accessnow.org/>

CASES

URGENT

Support	24/7 Digital Security Helpline works with individuals and organizations around the world to keep them safe online.
Who are they	Access Now defends and extends the digital rights of people and communities at risk.
Scope	International
Languages	English · Spanish · French · German · Portuguese · Russian · Tagalog Arabic · Italian · Ukrainian
Who can apply	Individuals or organisations at risk · Civil society · Journalists · HRDs
Contact info	help@accessnow.org · PGP: Public Key

AMNESTY INTERNATIONAL

<https://www.amnesty.org/en/>

CASES

URGENT

Support	Emergency financial assistance for legal aid, medical expenses, or those in danger of human rights violations
Who are they	Amnesty International is a global NGO reporting on human rights abuses/violations.
Scope	International with regional offices and national sections
Languages	Multiple
Who can apply	Human rights activists, victims of human rights violations/abuses
Contact info	https://www.amnesty.org/en/about-us/contact/

AGIR ENSEMBLE POUR LES DROITS HUMAINS (FORMERLY AEDH)

<https://agir-ensemble-droits-humains.org/en/>

CASES

URGENT

Support	Emergency assistance for human rights defenders at risk, including financial support for urgent needs such as temporary relocation, legal aid, medical assistance, and basic subsistence.
Who are they	A France-based international NGO headquartered that supports civil society organisations and protects human rights defenders facing threats or persecution worldwide.
Scope	International
Languages	French · English
Who can apply	Human rights defenders at risk, including NGO members, lawyers, journalists, trade union leaders, and other civil society activists.
Contact info	protectionddh@aedd.org · +33 (0) 4 37 37 10 11 · complete form

FRONT LINE DEFENDERS

<https://www.frontlinedefenders.org/>

CASES

URGENT

SHORT-TERM

LONG-TERM

Support	Protection grants · Digital Security · Rest & Respite · Risk Analysis & Protection Planning
Who are they	Front Line Defenders is an international human rights organisation with the specific aim of protecting HRDs.
Scope	International
Languages	Several
Who can apply	Human rights defenders
Contact info	info@frontlinedefenders.org · 353-1-210-0489 · complete form

FUND FOR GLOBAL HUMAN RIGHTS<https://fundhumanrights.org/>

CASES

URGENT

Support	Financial and strategic support for grassroots human rights defenders and organisations, including critical support: legal aid, relocation where necessary, and security support.
Who are they	Provide long-term flexible funding and hands-on strategic support to grassroots human rights defenders building collective power in their communities.
Scope	International
Languages	English
Who can apply	Grassroots human rights defenders and civil society organisations working to advance human rights.
Contact info	info@globalhumanrights.org · +1 (202) 347-7488 · complete form

FIDH (INTERNATIONAL FEDERATION FOR HUMAN RIGHTS)<https://www.fidh.org/en/issues/human-rights-defenders/>

CASES

URGENT

Support	Emergency assistance for human rights defenders, their families, and at-risk organisations, including protection measures, urgent support, and advocacy.
Who are they	FIDH (International Federation for Human Rights) is an international human rights NGO federating nearly 200 member organisations.
Scope	International with regional offices and national sections
Languages	French · English · Spanish
Who can apply	Human rights defenders at risk, their families, and organisations facing threats.
Contact info	contact@fidh.org · +33 1 43 55 25 18 · complete form

WORLD ORGANISATION AGAINST TORTURE (OMCT)

<https://www.omct.org/en>

CASES

URGENT

Support	Victim Support Medical · Legal · Social Assistance
Who are they	The OMCT works with 200 member organisations to end torture and ill-treatment, assist victims, and protect human rights defenders at risk wherever they are.
Scope	International
Languages	English · French · Spanish
Who can apply	Victims of torture
Contact info	victims@omct.org · telephone · complete form

COMMITTEE TO PROTECT JOURNALISTS (CPJ)

<https://cpj.org/>

CASES

URGENT

EMERGENCY

Support	Safety and Emergencies (incl. medical, basic living, legal) Safety Resources (Digital, Physical and Psychological)
Who are they	We provide support to frontline journalists, and work to ensure that all journalists, including freelancers and media support workers, are aware of safety and security issues before entering a conflict zone. We work to prevent deaths, detentions, kidnappings, and other dangers through information sharing and practical guidance. We provide on-the-ground advocacy and rapid response support to journalists who are injured, imprisoned, or forced to flee because of their work.
Scope	International with regional offices and national sections
Languages	English · Spanish · French · Russian · Portuguese · Turkish
Who can apply	Journalists
Contact info	contact · emergencies@cpj.org · +1 (212) 465-1004

RAINBOW RAILROAD<https://www.rainbowrailroad.org/>

CASES

URGENT

Support	Emergency assistance for LGBTQI+ people facing violence, persecution, or life threatening situations due to sexual orientation or gender identity.
Who are they	International nonprofit helping LGBTQI+ people escape danger.
Scope	International
Languages	English
Who can apply	LGBTQI+ individuals at immediate risk
Contact info	info@rainbowrailroad.org (general enquires) · complete form

MEDIA DEFENCE<https://www.mediadefence.org/>

CASES

URGENT

Support	Emergency Legal Support
Who are they	Help hundreds of journalists, citizen journalists and media outlets report freely
Scope	International with regional offices and national sections
Languages	Multiple languages
Who can apply	We support journalists – including citizen journalists, bloggers, broadcasters, photojournalists, cartoonists or fact-checkers – and news outlets when they are confronted with legal action as a result of their reporting.
Contact info	info@mediadefence.org · complete form

OPEN BRIEFING
<https://www.openbriefing.org/>

CASES

URGENT

Support	Security · digital · wellbeing
Resources	The Holistic Security Protocol for Human Rights Defenders (the Defender's Protocol) · Protection · Holistic Security Toolkit
Who are they	Open Briefing builds resistance and resilience among the people and movements challenging unaccountable power.
Scope	International
Languages	Multiple languages
Who can apply	Human rights defenders · activist · journalist · part of a community group · loose collective · formal NGO
Contact info	info@openbriefing.org · +44 (0)1736 800 767 complete form · request support

SOLIDARITY CENTER
<https://www.solidaritycenter.org/>

CASES

XXXX

Support	Technical support to those forming or strengthening unions
Who are they	Our programs focus on worker rights and freedoms, union skills, workplace safety, economic security, combating forced labor and supporting workers in a rapidly changing economy.
Scope	International
Languages	Multiple languages
Who can apply	XXXXX
Contact info	media@solidaritycenter.org

INTERNATIONAL CENTRE FOR NOT-FOR-PROFIT LAW (ICNL)

<https://www.icnl.org/>

CASES

SHORT-TERM

Support	ICNL Lifeline Programme to protect CSOs against reprisals, legal restrictions, or attacks while enhancing their ability to operate safely
Who are they	International nonprofit helping LGBTQI+ people escape danger.
Scope	International, works in over a 100 countries
Languages	XXXX
Who can apply	XXXX
Contact info	lifeline@icnl.org · complete form

PEACE BRIGADES INTERNATIONAL

<https://peacebrigades.org/en>

CASES

XXXX

Support	Solidarity and protection through physical accompaniment · Well-Being Resources
Who are they	PBI provides protection and supports individuals, communities, movements, and organisations that defend human rights through protective physical accompaniment, international observation, advocacy efforts, awareness raising, and capacity sharing.
Scope	International (see website for locations of national offices)
Languages	English · Spanish
Who can apply	Human rights defenders
Contact info	contact@peacebrigades.org · +32 (0) 2543 4443

URGENT ACTION FUND<https://urgentactionfund.org>

CASES

URGENT**Support**[Security grants](#)**Who are they**

Urgent Action Fund for Feminist Activism has funded feminist activists to keep each other and their communities safe while building lasting, resilient movements for justice, equity and liberation.

Scope

International

Languages

English · Arabic · Russian

Who can apply

Women · trans · non-binary activists

Contact infoproposals@urgentactionfund.org · (415) 434-9626 · [complete form](#)

REGIONAL

AMERICAS

CENTRO DE ESTUDIOS LEGALES Y SOCIALES (CELS)<https://www.cels.org.ar/web/>

CASES

URGENT**Support**

Emergency fund for legal aid and humanitarian support · [Legal Clinics for Human Rights and Refugees/Migrants](#) providing free legal advice on access to justice, mental health, people deprived of their liberty, deportations, etc.

Who are they

CELS is an Argentinian human rights organisation.

Scope

Latin America & the Caribbean

Languages

Spanish · English

Who can apply**Contact info**[+54 11] 4334 4200 · [complete form](#)

AFRICA

AFRICAN DEFENDERS

<https://africandefenders.org/>

CASES

URGENT

Support	Relocation · Digital Safety & Security
Who are they	A network of five African sub-regional organisations, dedicated to the promotion and protection of human rights defenders (HRDs) across the African continent.
Scope	Africa
Languages	Arabic · English · French · Portuguese
Who can apply	Any human rights defender (HRD) at risk, threatened or persecuted for their work. Risks or threats should be a direct consequence of the HRD's human rights work, and HRDs should be able to provide clear documentation of their work and of the risks faced.
Contact info	hubcities@defenddefenders.org · panafrica@defenddefenders.org · +256 390 202 133 · Complete form for English · for French and send to hubcities@defenddefenders.org

DEFENDDEFENDERS

<https://defenddefenders.org>

CASES

PREVENTIVE

SHORT-TERM

LONG-TERM

Support	Physical and mental security support · Protection grants · Digital Security Helpdesk · Protection and Security Resources for HRDs
Who are they	DefendDefenders is a regional NGO that strengthening the work of HRDs in East Africa
Scope	East Africa & Horn of Africa
Languages	English · Arabic · French · Somali · Swahili
Who can apply	Human rights defenders
Contact info	IT security helpdesk: help@defenddefenders.org · +256 393 252310 Emergency Assistance protection@defenddefenders.org Emergency 24/7 helpline +256 707 020 0086

Complete form for [IT security help](#) · [Emergency Assistance](#)

Address: DefendDefenders, Arie Towers, Plot 16 Mackinnon Road, Nakasero
PO Box 70356, Kampala, Uganda

URGENT ACTION FUND – AFRICA

<https://www.uaf-africa.org/>

CASES **URGENT**

Support	Rapid response and protection grants
Who are they	Urgent Action Fund-Africa provides financial support for strategic interventions that take advantage of opportunities to advance women's human rights.
Scope	Africa
Languages	Arabic · English · French · Portuguese · Kiswahili
Who can apply	XXXX
Contact info	info@uaf-africa.org · +254 726 577 560 · +254 732 577 560 Apply online or download a form

ASIA-PACIFIC

URGENT ACTION FUND FOR WOMEN'S HUMAN RIGHTS ASIA-PACIFIC

<https://www.uafanp.org/>

CASES **URGENT** **SHORT-TERM**

Support	Security and well-being grants
Who are they	Urgent Action Fund for Feminist Activism has funded feminist activists to keep each other and their communities safe while building lasting, resilient movements for justice, equity and liberation.
Scope	Asia-Pacific
Languages	English · Hindi · Indonesian · Nepali · Thai · Khmer · Fijian
Who can apply	Women and non-binary human rights defenders
Contact info	info@uafanp.org · Sign up to Apply

ASIA DEMOCRACY NETWORK

<https://adnasia.org/>

CASES **N/A**

Support	Digital Security Training
Who are they	ADN is committed to building a just, equitable and sustainable community of democratic societies in Asia, where all human rights of all individuals, groups and peoples are fully respected and realized.
Scope	Asia
Languages	English
Who can apply	Activists
Contact info	ADN@adnasia.org

EUROPE

PROTECT DEFENDERS

<https://protectdefenders.eu/protecting-defenders/>

CASES

URGENT

INDIVIDUAL HELP

Support	emergency grants protection helpdesk temporary relocation
Who are they	Protect Defenders is the European Union Human Rights Defenders Mechanism for empowering and protecting human rights defenders at risk worldwide.
Scope	Urgent
Languages	English · French · Russia · Spanish · Arabic
Who can apply	Human rights defenders
Contact info	general enquires: contact@protectdefenders.eu · +353 (0) 1 21 00 489 complete form

CIVIL RIGHTS DEFENDERS – EMERGENCY FUND<https://crd.org/emergency-fund/>

CASES

URGENT

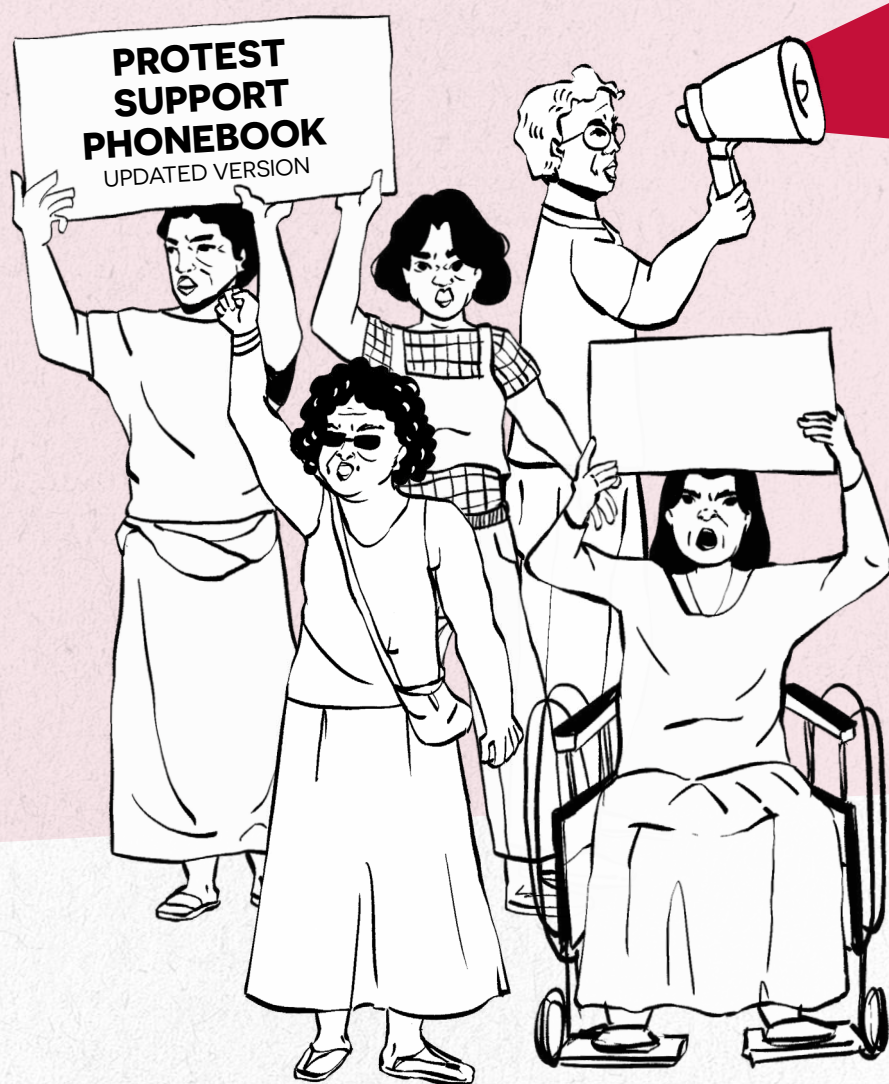
Support	Emergency fund to human rights defenders at risk, including legal aid, temporary relocation, security training, and financial relief.
Who are they	Sweden based human rights NGO supporting defenders through crisis interventions globally.
Scope	International
Languages	English · Swedish
Who can apply	Human rights defenders facing imminent danger
Contact info	complete form

**EURO-MEDITERRANEAN FOUNDATION
OF SUPPORT TO HUMAN RIGHTS DEFENDERS**<https://emhrf.org/category/grants/>

CASES

URGENT

Support	Emergency grants for human rights defenders to cover urgent needs such as relocation, medical support, legal aid, and basic subsistence.
Who are they	Supports civil society actors and human rights defenders facing threats or persecution in the Euro-Mediterranean region.
Scope	Within the South-Mediterranean region (including Morocco, Algeria, Tunisia, Libya, Egypt, Israel and the occupied Palestinian territory, Jordan, Lebanon and Syria)
Languages	English · French · Arabic
Who can apply	Human rights defenders, including NGO members, journalists, lawyers, and activists at risk
Contact info	grants@emhrf.org · +45 32 64 17 26



Increasing civil society's resilience
to attacks by building solidarity and
incubating new forms of organisation.

[READ ABOUT VUKA](#)

[FIND OUT HOW TO CONTRIBUTE
TO THE REGIONAL STRESS TEST](#)

SUPPORTED BY

