

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>SCOTLAND</b>			
Nationwide	<p><b>Support Line 0300-999-2017</b>                      Fresh Start Foundation is a Scottish not for profit group, helping child sexual abuse victims and survivors to achieve Truth &amp; Justice along with support.</p>	<p>Fresh Start Foundation                      Nationwide                      Admin 01444-390-270  <a href="mailto:info@freshstartfoundation.co.uk">info@freshstartfoundation.co.uk</a></p>	<p><a href="http://www.freshstartfoundation.co.uk/">www.freshstartfoundation.co.uk/</a></p>
Nationwide	<p><b>Helpline 0300-999-5428</b>  <a href="mailto:help@brokenrainbow.org.uk">help@brokenrainbow.org.uk</a>                      Helpline Mon &amp; Thurs 10am - 8pm                      Tues and Wed 10am - 5pm                      We are a LGBT domestic violence service. We offer advice, support and referrals to LGBT who are or have experienced domestic violence.</p>	<p>Broken Rainbow UK                      Nationwide                      08452-605-560 Office</p>	<p><a href="http://www.brokenrainbow.org.uk">www.brokenrainbow.org.uk</a>  <a href="mailto:mail@brokenrainbow.org.uk">mail@brokenrainbow.org.uk</a></p>
Nationwide	<p><b>CASS Women's Self Injury Helpline 0808-800-8088 Tues &amp; Weds 7pm to 10pm, Thurs 3pm to 6pm TESS support for young women up to age 24. 07800-472-908 open Sunday to Friday 7pm to 9pm.</b>                      Self Injury Support is a national UK-wide organization that supports girls and women in emotional distress. We particularly help those that harm themselves, often called self injury. We run CASS self injury helpline and TESS text and email support. We produce info and publications about self injury. We provide information about many self Injury support groups across the UK. Please see website for a nationwide self injury support group list of locations.</p>	<p>Self Injury Support - Women                      PO Box 3240                      Bristol                      BS2 2EF                      01179-279-600 Office</p>	<p><a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a>  <a href="mailto:info@selfinjurysupport.org.uk">info@selfinjurysupport.org.uk</a>                      Email Support form on Website.</p>
Nationwide	<p><b>Helpline 0808-164-2005</b>                      We bring together specialist organisations working in the field of abuse.                      Counselling and advocacy                      Women's and men's support groups</p>	<p>IN Care Survivors                      Scotland wide                      01324-630-100 Office.</p>	<p><a href="http://www.future-pathways.co.uk/">www.future-pathways.co.uk/</a>  <a href="mailto:janine@incaresurvivors.org.uk">janine@incaresurvivors.org.uk</a></p>
Nationwide	<p><b>Helpline 08088-010-302 Freephone</b>                      Helpline 6pm to Midnight 7 days                      If you have been raped or sexually abuse or are supporting someone else who has, you can contact us. It doesn't matter whether this happened recently or a long time</p>	<p>Rape Crisis Scotland                      Scotland                      0141-331-4180 Office</p>	<p><a href="http://www.rapecrisisscotland.org.uk">www.rapecrisisscotland.org.uk</a>  <a href="mailto:info@rapecrisisscotland.org.uk">info@rapecrisisscotland.org.uk</a></p>

ago. We offer a minicom service for deaf or hard of hearing people.

<b>Nationwide</b>	<b>Helpline 08088-020-406</b> Calls are FREE from landlines and FREE from most networks TCL scotland offers confidential telephone counselling to any adult who experienced abuse as a child. This can include sexual, emotional, physical, psychological, spiritual abuse or neglect. The counsellors are fully trained and both male and female counsellors are available. <a href="http://www.scottishwomensrightscentre.org.uk/abuse-violence-victim-support/">www.scottishwomensrightscentre.org.uk/abuse-violence-victim-support/</a>	Trauma Counselling Line Nationwide Scotland 08088-020-406 Office / Helpline	<a href="mailto:eileen@health-in-mind.org.uk">eileen@health-in-mind.org.uk</a>
<b>Nationwide</b>	<b>Helpline 0808-2000-247</b> <a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a>	Women's Aid UK National Domestic Violence Helpline 0808-2000-247 Office / Helpline	<a href="http://www.womensaid.scot/info@womensaid.org.uk">www.womensaid.scot/info@womensaid.org.uk</a>
<b>Aberdeen</b>	<b>Helpline 01224-593-381</b> Helpline mon-Fri 9.30am -12.30pm and Mon - Fri 1.30pm - 4.30pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Grampian Women's Aid Aberdeen 01224-593-381 Office / Helpline <a href="http://www.womensaid.scot/">www.womensaid.scot/</a>	
<b>Aberdeen</b>	<b>Helpline 01224-591-1342</b> We are a voluntary organisation and we provide Aberdeen vital support and advocacy to survivors over 13 years old of rape and sexual violence. Advocacy support at police station. Support through the legal process Face to face, email or telephone support available. Please see our website for further details.	Rape and Abuse Support (RAS) 112 Crown Street Aberdeen AB11 6HJ 01224-590-932 Office	<a href="http://www.rasane.org.uk/info@rasane.org.uk">www.rasane.org.uk/info@rasane.org.uk</a>
<b>Airdrie</b>	<b>Helpline 01236-432-061</b> Helpline 24 hours 7 days a week We provide confidential services and temporary accommodation to women and children who are experiencing domestic abuse. Our address is not published for safety reasons.	Monklands Women's Aid Airdrie 01236-432-061 Office / Refuge <a href="http://www.facebook.com/MWAcoatbridgeairdrie/">www.facebook.com/MWAcoatbridgeairdrie/</a> <a href="mailto:info@monklandwomensaid.org.uk">info@monklandwomensaid.org.uk</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a>	
<b>Alloa</b>	<b>Helpline 01259-729-981</b> Open Secret works with survivors of childhood sexual abuse and trauma of all ages. We offer counselling, advocacy, befriending, Group support, art therapy and therapeutic play therapy. We have a specialist service offering EMDR and EFT. We have offices in Falkirk, Stirling, Clackmannanshire and	Open Secret 14 Bank Street Alloa FK10 1HR 01259-729981 Office / Support	<a href="http://www.opensecret.org/janine@opensecret.org">www.opensecret.org/janine@opensecret.org</a>

projects in West Lothian, Fife and Lanarkshire.

<b>Arbroath</b>	<p><b>Helpline 01241-439-457</b> Helpline Mon to Wed 10am - 7pm Thurs &amp; Fri 9.30am - 5pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning. Drop-in service, call for details</p>	<p>Angus Women's Aid Arbroath 01241-439-437 Office / Helpline <a href="mailto:info@anguswomensaid.co.uk">info@anguswomensaid.co.uk</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>
<b>Argyll &amp; Bute</b>	<p><b>Helpline 08702-413-548</b> Helpline Mon to Fri, office hours Outside office hours answerphone Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.</p>	<p>Argyll &amp; Bute Women's Aid Argyll &amp; Bute 01369-706-636 Office / Refuge <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>
<b>Ayr</b>	<p><b>Helpline 01292-266-482 Option 1</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and leagal appointments and offer practical advice and planning.</p>	<p>South Ayrshire Women's Aid Ayr South Ayrshire 01292-266-482 Option 2 Office and Advocacy <a href="http://www.southayrshirewomensaid.org.uk">www.southayrshirewomensaid.org.uk</a> <a href="mailto:Support@sawamail.org.uk">Support@sawamail.org.uk</a> Childrens and youth services <a href="mailto:cyp@sawamail.org.uk">cyp@sawamail.org.uk</a></p>
<b>Ayrshire North</b>	<p><b>Helpline 01294-602-424 Refuge</b> Helpline Mon to Fri, 9am - 4pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>North Ayrshire Women's Aid 01294-466-825 Office <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>
<b>Caithness</b>	<p><b>Helpline 0845-408-0151</b> Helpline Mon to Fri, 9am - 5pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and</p>	<p>Caithness &amp; Sutherland WA 0845-408-0151 Office Refuge <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a> <a href="mailto:info@caswa.org.uk">info@caswa.org.uk</a></p>

young people  
Drop-in service, call for details

**Clackmannanshire Helpline 01259-721-407**

Helpline Mon to Fri, 9.30am - 4pm  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

Clackmannanshire Women's Aid  
01259-721-407 Office / Refuge  
[www.scottishwomensaid.org.uk/](http://www.scottishwomensaid.org.uk/)  
[www.womensaid.scot/find-nearest-wa-group/](http://www.womensaid.scot/find-nearest-wa-group/)  
[womensaid@clacks.fslife.co.uk](mailto:womensaid@clacks.fslife.co.uk)

**Clydebank**

**Helpline 01419-528-118**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people  
Drop-in service, call for details

Clydebank Women's Aid  
Clydebank  
01419-528-118 Office / refuge  
[www.scottishwomensaid.org.uk/](http://www.scottishwomensaid.org.uk/)  
[www.womensaid.scot/find-nearest-wa-group/](http://www.womensaid.scot/find-nearest-wa-group/)  
[collective@clydebankwa.org](mailto:collective@clydebankwa.org)

**Cupar**

Fife

**Helpline 08088-025-555**

We have 44 refuge spaces in various locations across Fife. Our refuge is for women both single and with children who are fleeing domestic violence.  
Counselling services available  
Dedicated services for children and young people  
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.  
Group support - Cupar, St Andrews and Dunfermline.

Fife Women's Aid  
Cupar  
Fife  
01383-732-289 Office

[www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)  
[info@fifewomensaid.org.uk](mailto:info@fifewomensaid.org.uk)

**Dalkeith**

**Support Line 01315-615-800**

Helpline Mon - Fri 9am - 2pm  
Refuge for women fleeing domestic violence. The address is not published for safety reasons.  
Resettlement and follow up support  
Dedicated services for children and young people

Women's Aid East & Midlothian  
Dalkeith  
East and Midlothian  
01316-639-827 Office

[www.womensaideml.org](http://www.womensaideml.org)  
[info@midlothianwomensaid.org](mailto:info@midlothianwomensaid.org)

**Dingwall**

**Female volunteer 08088-000-123**

**Male volunteer 08088-000-122**

[emailsupport@rapeandabuseline.org](mailto:emailsupport@rapeandabuseline.org)

We are a registered charity aiming to support survivors of rape and sexual abuse, however long ago their experiences were. Our website is currently being redeveloped so please call for more information

[www.caithness.org/community/healthandwelfare/rapeandabuseline.htm](http://www.caithness.org/community/healthandwelfare/rapeandabuseline.htm)

Rape and Abuse Line  
PO Box 10

Dingwall  
Ross-shire  
01349-865-316 Office

**Dingwall**

**Helpline 01349-863-568**

Ross-shire Women's Aid

[www.rosswa.co.uk](http://www.rosswa.co.uk)

We were set up in 1980 to provide non judgemental, empowering and supportive services to women, children and young people affected by domestic violence.

Refuge: Address not published for safety reasons

Resettlement and follow up support  
Dedicated services for children and young people

Drop-in service, call for details of the location and the opening times

Dingwall  
Ross-shire  
01349-863-568 Office

[info@rosswa.co.uk](mailto:info@rosswa.co.uk)

#### Dumbarton

**Helpline 01389-751-036**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support  
Dedicated services for children and young people

Drop-in service, call for details

Dumbarton District  
Dumbarton  
01389-751-036 Office / Refuge

#### Dumfries

**Helpline 01776-889-331 Mobile no**

We provide confidential counselling, support, information and advocacy to all survivors male and female of sexual violence in Dumfries and Galloway. This may be childhood sexual abuse, rape as an adult, sexual assault and a range of other issues.

Cosy House - women only refuge

South West Rape and Sexual Abuse Centre  
Dumfries  
DG1 1HH  
01387-253-113 Office  
[www.rape-crisis.org.uk/](http://www.rape-crisis.org.uk/)

[swrcandsac@btconnect.com](mailto:swrcandsac@btconnect.com)

#### Dundee

**Helpline 01382-207-009**

Hours Mon Tue Wed Fri 9.30-12.30 and 1.30-4.30 Thur 9.30-12.30 only  
[support@dundeewomensaid.co.uk](mailto:support@dundeewomensaid.co.uk)

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support  
Dedicated services for children and young people

Dundee Women's Aid  
Dundee  
01382-220-803 Office

[www.dundeewomensaid.co.uk](http://www.dundeewomensaid.co.uk)  
[info@dundeewomensaid.co.uk](mailto:info@dundeewomensaid.co.uk)

#### Dundee

**Support line 01382-224-737**

IZZY's Promise is a charity organisation based in Dundee that offers FREE and confidential services to Ritual/Organised abuse survivors, people trafficked via rituals and adult survivors of childhood sexual abuse.

IZZY's Promise  
1 Victoria Road  
Dundee  
DD1 1EL  
01382-224-737 Office / Support

[www.izzyspromise.org.uk](http://www.izzyspromise.org.uk)  
[josephlumbasi@aol.com](mailto:josephlumbasi@aol.com)

#### Dundee

**Helpline 01382-201-291**

See website for helpline hours  
[support@wrasacdundee.org](mailto:support@wrasacdundee.org)

We are a quality support service for women and young girls aged 13+ in the Dundee, Angus & Perthshire area. Supporting those who have

Women's Rape and Sexual Abuse Centre  
PO Box 83  
Dundee  
DD1 4YZ  
01382-205-556 Office

[www.wrasac.org.uk/](http://www.wrasac.org.uk/)  
[wrasac@btconnect.com](mailto:wrasac@btconnect.com)

been raped, sexually abused or sexually exploited at any time in their lives.

One to one, phone or email support  
Information and fact packs  
Support groups and support for friends and family.

#### **Dunfermline**

##### **Helpline 08088-025-555**

We have 44 refuge spaces in various locations across Fife. Our refuge is for women both single and with children who are fleeing domestic violence.

Counselling services available

Dedicated services for children and young people

IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Group support - Cupar, St Andrews and Dunfermline.

Fife Women's Aid  
Dunfermline  
Fife  
01383-732-289 Office

[www.fifewomensaid.org.uk](http://www.fifewomensaid.org.uk)  
[info@fifewomensaid.org.uk](mailto:info@fifewomensaid.org.uk)

#### **Dunfermline**

Safe Space offers FREE and confidential support for people who have experienced sexual abuse from the age of 12 years upwards. We offer counselling, group work, outreach and training.  
Office hours: Monday to Thursday 10am to 4pm. Friday Closed  
Contact 01383-739-084 for further details.

SAFE SPACE  
Ling House  
29B Canmore Street  
Dunfermline  
Fife  
KY12 7NU  
01383-739-084 Office

[www.safe-space.co.uk](http://www.safe-space.co.uk)  
[contact@safe-space.co.uk](mailto:contact@safe-space.co.uk)  
Website Maintenance Sept 2018

#### **Dunoon**

##### **Helpline 0800-121-4685 Women**

Helpline Mon to Fri 10am - noon  
Mon, Tues, & Thurs to Sun 7 - 9pm

##### **Helpline 0800-032-0399 Men**

Thurs 2pm-4pm, Fri & Sat 7pm-9pm

The centre was set up 2006 to provide a dedicated support service for survivors of rape and sexual abuse in the Argyll and Bute area.

Face to Face Support and advocacy

Group support and workshops

Our TESSA youth project aims to

raise awareness around internet

safety, cyber bullying and grooming

Argyll & Bute Rape Crisis  
PO Box 9338  
Dunoon  
PA23 8WS  
01369-700-800 Office

[www.rapecrisiscentre-argyll-bute.org.uk](http://www.rapecrisiscentre-argyll-bute.org.uk)

[info@ab-rc.org.uk](mailto:info@ab-rc.org.uk)

#### **East Kilbride**

##### **Helpline 01698-891-498**

Helpline available 24 Hours

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Dedicated services for children and young people

Women's Aid South Lanarkshire  
East Kilbride  
01355-249-897 Office

[www.wasl.org.uk](http://www.wasl.org.uk)  
[info@wasl.org.uk](mailto:info@wasl.org.uk)

<b>Edinburgh</b>	<p><b>Helpline 01313-158-110</b>          Mon, Tue, Wed, Fri 10am - 3pm          Thurs 10am - 7pm, Sat 10am -1pm          Crisis Counselling          Refuge for women fleeing domestic violence. The address is not published for safety reasons.          Resettlement and follow up support          Dedicated services for children and young people          Group Programme          Drop-in service, call for details.</p>	<p>Edinburgh Women's Aid          Edinburgh          01313-158-111 Office</p>	<p><a href="http://www.edinwomensaid.co.uk">www.edinwomensaid.co.uk</a>  <a href="mailto:info@edinwomensaid.co.uk">info@edinwomensaid.co.uk</a></p>
<b>Edinburgh</b>	<p><b>Helpline 01315-569-437</b>  <a href="mailto:support@ewrasac.org.uk">support@ewrasac.org.uk</a>          We were set up in 1978 to provide emotional and practical support to thousands of survivors who have experienced sexual violence at any time in their lives. All our staff are female workers trained to very high standards. We can offer:          Face to face support          On going support - This is 21 weekly or fortnightly hour long sessions seeing the same support worker each time.          support Group for survivors - these groups are facilitated by 2 or 3 of our workers and is survivor led, we usually have 6 to 8 women in group  <a href="http://www.edinburgh.cylex-uk.co.uk/company/edinburgh-womens-rape---sexual-abuse-centre-16968763.html">www.edinburgh.cylex-uk.co.uk/company/edinburgh-womens-rape---sexual-abuse-centre-16968763.html</a></p>	<p>Edinburgh Women's Rape and Sexual Abuse Centre          1 Leopold Place          Edinburgh          EH7 5JW          01315-576-737 Office</p>	<p><a href="http://www.ercc.scot/">www.ercc.scot/</a>  <a href="mailto:info@ewrasac.org.uk">info@ewrasac.org.uk</a></p>
<b>Elgin</b>	<p><b>Helpline 01343-548-549</b>          Helpline Mon to Fri 24 hours          Saturday &amp; Sunday 4pm to 8pm          Refuge for women fleeing domestic violence. The address is not published for safety reasons.          Resettlement and follow up support          Dedicated services for children and young people          Drop-in service, call for details</p>	<p>Moray Women's Aid          Elgin          01343-548-565 Office / Refuge  <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a>  <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>	<p><a href="mailto:admin@mwaelgin.co.uk">admin@mwaelgin.co.uk</a></p>
<b>Falkirk</b>	<p><b>Helpline 01324-635-661</b>          Refuge for women fleeing domestic violence. The address is not published for safety reasons.          Dedicated services for children and young people          Drop-in service, call for details.</p>	<p>Falkirk and District Women's Aid          Falkirk          01324-635-661 Office / Helpline  <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>	<p><a href="mailto:info@fdwa.org.uk">info@fdwa.org.uk</a></p>
<b>Falkirk</b>	<p><b>Helpline 0800-121-6027</b>          We bring together specialist organisations working in the field of abuse.          Counselling and advocacy          Women's and men's support groups</p>	<p>IN Care Survivors          98 Thornhill Road          Falkirk          FK2 7AB          01324-630-100 Office</p>	<p><a href="http://www.future-pathways.co.uk/">www.future-pathways.co.uk/</a>  <a href="mailto:janine@incare survivors.org.uk">janine@incare survivors.org.uk</a></p>

<b>Falkirk</b>	<p><b>Head Office 01324-630-100</b>  Open Secret works with survivors of childhood sexual abuse and trauma of all ages. We offer counselling, advocacy, befriending, Group support, art therapy and therapeutic play therapy. We have a specialist service offering EMDR and EFT. We have offices in Falkirk, Stirling, Clackmannanshire and projects in West Lothian, Fife and Lanarkshire.</p>	<p>Open Secret  98 Thornhill Road  Falkirk  FK2 7AB  01324-630-100 Head office</p>	<p><a href="http://www.opensecret.org">www.opensecret.org</a>  <a href="mailto:janine@opensecret.org">janine@opensecret.org</a></p>
<b>Fort William</b>	<p><b>Helpline 01397-705-734</b>  Helpline Mon to Fri, 10am - 4pm  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people  Drop-in service, call for details.</p>	<p>Lochaber Women's Aid  Fort William  01397-705-734 Office / Refuge</p>	<p><a href="http://www.lochaberwomensaid.org">www.lochaberwomensaid.org</a>  <a href="mailto:lwa@lochaberwomensaid.org">lwa@lochaberwomensaid.org</a></p>
<b>Galashiels</b>	<p><b>Helpline 08088-010-302 Freephone support@sbrcc.org.uk</b>  <b>Mobile number: 07584-149-390</b>  We provide confidential emotional and practical support and information to women and girls aged 12 and over who have experienced rape or sexual violence at any time in their lives.</p>	<p>Scottish Borders Rape Crisis Centre  1A Wilderhaugh  Galashiels  TD1 1PW  01896-661-070 Office  Opening hours 9 - 5, Mon - Fri</p>	<p><a href="mailto:info@sbrcc.org.uk">info@sbrcc.org.uk</a></p>
<b>Glasgow</b>	<p><b>Helpline 01419-440-201</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Dedicated services for children and young people  Drop-in service, call for details</p>	<p>Drumchapel Women's Aid  Glasgow  01419-440-201 Office / Refuge</p>	<p><a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>
<b>Glasgow</b>	<p><b>Helpline 01415-532-022 Refuge</b>  Helpline Mon - Fri 9.30am - 4.30pm  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Resettlement and follow up support  Dedicated services for children and young people  Drop-in service, call for details</p>	<p>Glasgow Women's Aid  01415-532-022 Office / Refuge  <a href="mailto:admin@glasgowwomensaid.org.uk">admin@glasgowwomensaid.org.uk</a>  <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a>  <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>	
<b>Glasgow</b>	<p><b>Crisis Line 01417-733-533</b>  Refuge for women fleeing domestic violence. The address is not published for safety reasons.  Dedicated services for children and young people  One to one supportive counselling  Self help support groups.  Drop-in Service, call for details.</p>	<p>Glasgow East Women's Aid  Glasgow  01417-810-230 Office / Drop in</p>	<p><a href="http://www.gewa.org.uk">www.gewa.org.uk</a>  <a href="mailto:collective@gewa.org.uk">collective@gewa.org.uk</a></p>



<b>Glasgow</b>	<p><b>Helpline 01413-530-859</b></p> <p>We specialise in support for women from the Asian, Black and Minority ethnic community who experience domestic abuse influenced by culture and tradition such as honour based abuse and forced marriage. We speak or can translate Bengali, Hindi, Punjabi and Urdu.</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p> <p>Dedicated services for children and young people</p>	<p>Hemat Gryffe Women's Aid Glasgow 01413-530-859 Office / Helpline <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>	<a href="http://www.hematgryffe.org.uk">www.hematgryffe.org.uk</a>
<b>Glasgow</b>	<p><b>Helpline 08088-00-00-14</b></p> <p>Email support is available</p> <p>Helpline Mon - Sun 11am - 2pm Mon - Thurs 5.30pm - 7.30pm</p> <p>Since 1076 we have been providing FREE and confidential support to women and girls who have been sexually assaulted, raped or sexually abused no matter when this occurred in their lives. We will support women whether or not they have reported the incident to the police.</p> <p>We are based in Glasgow but we offer services to women in Renfrewshire, East Dunbartonshire, West Dunbartonshire and we work in partnership with service providers in Inverclyde. We offer face to face support and a drop-in service open on Weds 10.30am-3.30pm and again at 5.30pm - 7pm no appointment is necessary for the drop-in</p> <p>We also have a range of information booklets all of which are FREE to women who have survived sexual violence, their partners and their supporters.</p>	<p>Rape Crisis - Glasgow 5th Floor 30 Bell Street Glasgow G1 1LG 01415-524-244 Office/ textphone <a href="mailto:support@rapecrisiscentre-glasgow.co.uk">support@rapecrisiscentre-glasgow.co.uk</a> <a href="http://www.rapecrisiscentre-glasgow.co.uk">www.rapecrisiscentre-glasgow.co.uk</a></p>	
<b>Glasgow</b>	<p>SAY women is a voluntary organisation which offers safe, supported accommodation and related services for young women aged 16 to 25 years who are survivors of childhood sexual abuse, rape or sexual assault and are homeless or threatened with homelessness.</p>	<p>SAY Women 30 Bell Street 3rd Floor Glasgow G1 1LG 01415-525-803 Office</p>	<a href="http://www.say-women.co.uk">www.say-women.co.uk</a> <a href="mailto:enquiries@say-women.co.uk">enquiries@say-women.co.uk</a>
<b>Grampian Region</b>	<p><b>Helpline 01224-593-381</b></p> <p>Helpline mon-Fri 9.30am -12.30pm and Mon - Fri 1.30pm - 4.30pm</p> <p>Refuge for women fleeing domestic violence. The address is not</p>	<p>Grampian Women's Aid Grampian 01224-593-381 Office / Helpline <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>	

published for safety reasons.  
Resettlement and follow up support

<b>Hamilton</b>	<b>Helpline 01698-527-003</b> Helpline Mon & Wed 1pm - 3.30pm Tues & Thurs 6pm - 8.30pm Fridays 10.30am - 1pm We offer emotional and practical support to women and girls over the age of 12 years old in relation to issues arising from all forms of sexual violence including rape, sexual assault and childhood sexual abuse no matter when it happened. We are women working with women to end violence and abuse. We can offer face to face support Resources and information	Lanarkshire Rape Crisis Centre Brandon House Business Ctr 23-25 Brandon Street Hamilton ML3 6DA 01698-527-006 Office	<a href="http://www.lanrcc.org.uk">www.lanrcc.org.uk</a> <a href="mailto:info@lanrcc.org.uk">info@lanrcc.org.uk</a>
<b>Hamilton</b>	<b>Helpline 01698-891-498</b> Helpline available 24 Hours Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Women's Aid South Lanarkshire Hamilton 01698-891-498 Office / Helpline	<a href="http://www.wasl.org.uk">www.wasl.org.uk</a> <a href="mailto:info@wasl.org.uk">info@wasl.org.uk</a>
<b>Huntly</b>	Christian Healing Ministry offering personal prayer ministry on FREE Healing Retreats and also as part of various teaching courses. suitable for those suffering the trauma of past abuse and desiring help with the subsequent dysfunction in their life.	Ellel Ministries Ellel Scotland Blairmore House Glass Huntly Aberdeenshire AB54 4XH 01466-799-102 Office / Advice	<a href="http://www.ellel.org">www.ellel.org</a> <a href="mailto:info.scotland@ellelministries.org">info.scotland@ellelministries.org</a>
<b>Inverclyde</b>	<b>01475-888-505 Domestic Abuse</b> <b>01475-888-110 Sexual Abuse</b> Dedicated Sexual violence service Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Inverclyde Women's Aid Inverclyde 01475-781-689 Office / Refuge <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a>	<a href="mailto:invwa@yahoo.co.uk">invwa@yahoo.co.uk</a>
<b>Inverness</b>	<b>Helpline 01463-220-719</b> Helpline 24 hours 7 days a week We provide confidential support and temporary accommodation for women, children and young people who are affected by domestic abuse Our Address is not published for safety reasons. Dedicated services for children and young people Drop-in Service 9am - 9pm 7days Call for location and more details	Inverness Women's aid Inverness 01463-220-719 Office / Refuge	<a href="http://www.invernesswa.co.uk">www.invernesswa.co.uk</a> <a href="mailto:info@invernesswa.co.uk">info@invernesswa.co.uk</a>

<b>Jedburgh</b> Scottish Borders	<b>Helpline 0800-027-1234</b> 24 Hour helpline Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.	Border Women's Aid Jedburgh Scottish Borders 01835-863-514 Office	<a href="http://www.borderwomensaid.co.uk">www.borderwomensaid.co.uk</a>
<b>Kilmarnock</b>	<b>Helpline 01563-559-558</b> We are a confidential service for survivors aged 16+ of childhood sexual abuse. Drop in service One to one support Support groups - Separate groups for males and females.	Break the Silence 11 Grange Place Kilmarnock KA1 2AB 01563-559-558 Office / Helpline	<a href="http://www.breakthesilence.org.uk">www.breakthesilence.org.uk</a>
<b>Kilmarnock</b>	<b>Helpline 01563-536-001 Refuge</b> Mon to Thurs 9am-4pm, Fri 9-1pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Drop-in Service, call for details.	East Ayrshire Women's Aid Kilmarnock 01290-423-434 Office / Drop in <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a>	
<b>Kilmarnock</b>	<b>Helpline 01563-541-769</b> We are a small independent charity working to provide FREE confidential and non-judgemental support to women and girls in East Ayrshire who have experienced sexual violence at any time in their lives. Supportive counselling & advocacy <a href="https://www.facebook.com/RCRC-Kilmarnock-669723869757798/">www.facebook.com/RCRC-Kilmarnock-669723869757798/</a>	Rape Counselling & Resource Centre PO Box 23 Kilmarnock KA1 1DP 01563-544-686 Office	<a href="mailto:rcrc1@btconnect.com">rcrc1@btconnect.com</a>
<b>Kirkcaldy</b>	<b>Helpline 01592-642-336</b> Fife Rape & Sexual Assault Centre is an independent voluntary organisation which offers a range of FREE and confidential support services to anyone, male or female, who has been raped or sexually assaulted at some point in their lives.	Fife Rape Sexual Assault Centre 182a The Esplanade Kirkcaldy Fife KY1 1RE 01592-642-336 Office / Helpline	<a href="http://www.frasac.org.uk">www.frasac.org.uk</a> <a href="mailto:info@frasac.org.uk">info@frasac.org.uk</a>

<b>Kirkcaldy</b>	<p>Kingdom Abuse Survivors Project. KASP endeavours to enable adult survivors of childhood sexual abuse to eliminate the debilitating effects that the abuse has on their lives. Counselling and support Advocacy regarding legal matters Text and email counselling Support groups Domestic abuse counselling <a href="http://www.havoca.org/placemarks/kingdom-abuse-survivors-project-kasp/">www.havoca.org/placemarks/kingdom-abuse-survivors-project-kasp/</a></p>	<p>KASP 182A The Esplanade Kirkcaldy Fife KY1 1RE 01592-644-217 Office</p>	<a href="mailto:info@kasp.org.uk">info@kasp.org.uk</a>
<b>Kirkintilloch</b> East Dumbartonshire	<p><b>Helpline 01417-760-864</b> 24 Hour helpline Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Drop-in Service, call for details.</p>	<p>East Dunbartonshire Women's Aid Kirkintilloch East Dunbartonshire 01417-760-864 Office / Helpline <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>	<a href="http://www.edwa.org.uk">www.edwa.org.uk</a> <a href="mailto:edwomensaid@aol.com">edwomensaid@aol.com</a>
<b>Livingston</b>	<p><b>Helpline 01506-281-984</b> Open Secret works with survivors of childhood sexual abuse and trauma of all ages. We offer counselling, advocacy, befriending, Group support, art therapy and therapeutic play therapy. We have a specialist service offering EMDR and EFT. We have offices in Falkirk, Stirling, Clackmannanshire and projects in West Lothian, Fife and Lanarkshire.</p>	<p>Open Secret Domestic Abuse Centre Civic Centre Howden south Road Livingston EG54 6FF 01506-281-984 Office / Helpline</p>	<a href="http://www.opensecret.org">www.opensecret.org</a> <a href="mailto:janine@opensecret.org">janine@opensecret.org</a>
<b>Livingston</b>	<p><b>Helpline 01506-413-721</b> We offer a range of services for women and accompanying children Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.</p>	<p>West Lothian Women's Aid Livingston West Lothian 01506-461-938 Office</p>	<a href="http://www.wlwa.org.uk">www.wlwa.org.uk</a> <a href="mailto:info@wlwa.org.uk">info@wlwa.org.uk</a>
<b>Motherwell</b>	<p><b>Helpline 01698-321-000</b> Helpline available 24 hours Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Drop-in Service, call for details.</p>	<p>Motherwell &amp; District Women's Aid Motherwell 01698-322-020 Office / Refuge <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></p>	<a href="mailto:info@mdwa.org.uk">info@mdwa.org.uk</a>
<b>Orkney</b>	<p><b>Helpline 01856-877-900</b> Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Women's Aid Orkney Orkney Islands 01856-877-900 Office / Helpline <a href="http://www.womensaidorkney.org.uk/">www.womensaidorkney.org.uk/</a></p>	<a href="mailto:info@womensaidorkney.org.uk">info@womensaidorkney.org.uk</a>

Dedicated services for children and young people

<b>Paisley</b>	<b>Helpline 0800-025-7603</b> We are a FREE and confidential service run by women for women. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Drop-in Service, call for details.	Renfrewshire Women's Aid Paisley Renfrewshire 0800-025-7603 Office / Refuge <a href="http://www.renfrewshirewomensaid.co.uk">www.renfrewshirewomensaid.co.uk</a> <a href="mailto:info@renfrewshirewomensaid.co.uk">info@renfrewshirewomensaid.co.uk</a>
<b>Penicuik</b>	<b>Support Line 01315-615-800</b> Helpline Mon - Fri 9am - 2pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Women's Aid East & Midlothian Penicik East and Midlothian 01968-670-970 Office <a href="http://www.womensaideml.org">www.womensaideml.org</a> <a href="mailto:info@midlothianwomensaid.org">info@midlothianwomensaid.org</a>
<b>Perth and Kinross</b>	<b>Helpline 01738-630956</b> <a href="mailto:rasacpk@gmail.com">rasacpk@gmail.com</a> Helpline Mon to Fri 9.30am - 4.30pm Outwith these hours answerphone Please leave message, we will respond as soon as possible. We provide emotional and practical support to anyone affected by sexual violence aged 12 and over for girls and women and for boys aged 12 to 18. Our services are FREE and confidential and we serve the geographical area of Perth and Kinross. Face to face, phone, email support Group work and workshops.	Rape and Sexual Abuse Centre 18 King Street Perth PH2 8JA 01738-626290 Office <a href="http://www.rasacpk.org.uk">www.rasacpk.org.uk</a> <a href="mailto:info@rasacpk.org.uk">info@rasacpk.org.uk</a>
<b>Perthshire and Kinross</b>	<b>Support line 01738-639-043</b> Support Mon to Fri, 9.30am - 4pm Refuge for women fleeing domestic violence. Resettlement and follow up support Dedicated services for children and young people. From our Perth office in York Place we offer support for both women and children who have experienced domestic abuse. Anyone looking to use the service can drop in or call ahead to make an appointment.	Perthshire Women's Aid Perthshire & Kinross 49 York Place Perth PH2 8EH 01738-639-043 Office / Support <a href="mailto:contactus@perthwomensaid.org.uk">contactus@perthwomensaid.org.uk</a> <a href="http://www.perthwomensaid.org.uk">www.perthwomensaid.org.uk</a>
<b>Shetland</b>	<b>Helpline 01595-692-070</b> Helpline Mon to Fri, 9am - 5pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support	Shetland Women's Aid Shetland Islands 01595-692-070 Office / Refuge <a href="mailto:shetland_womens_aid@hotmail.com">shetland_womens_aid@hotmail.com</a> <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a> <a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a>

Dedicated services for children and young people

<b>Skye &amp; Lochalsh</b>	<b>Helpline 01349-863-568</b> We were set up in 1980 to provide non judgemental, empowering and supportive services to women, children and young people affected by domestic violence. Refuge: Address not published for safety reasons Resettlement and follow up support Dedicated services for children and young people Drop-in service, call for details of the location and the opening times	Ross-shire Women's Aid Skye & Lochalsh Ross-shire 01478-613-365 Office	<a href="http://www.rosswa.co.uk">www.rosswa.co.uk</a> <a href="mailto:info@rosswa.co.uk">info@rosswa.co.uk</a>
<b>Stirling</b>	<b>Helpline 01786-471-771</b> We provide a FREE and confidential service, which works towards the elimination of the effects of rape, sexual assault and child sexual abuse. Our services are available to women, men and young people over the age of 13. We work throughout Falkirk, Stirling & Clackmannanshire. Please see our website for more details or call 01786-471-771 to speak to one of our trained workers. <a href="http://www.rapecrisscotland.org.uk/help-information/local-rape-crisis-centres/">www.rapecrisscotland.org.uk/help-information/local-rape-crisis-centres/</a>	Central Scotland Rape Crisis and Sexual Abuse Centre 1 Glebe Avenue Stirling FK8 2HZ 01786-471-771 Office / Helpline	
<b>Stirling</b>	<b>Helpline 01786-448-504</b> Open Secret works with survivors of childhood sexual abuse and trauma of all ages. We offer counselling, advocacy, befriending, Group support, art therapy and therapeutic play therapy. We have a specialist service offering EMDR and EFT. We have offices in Falkirk, Stirling, Clackmannanshire and projects in West Lothian, Fife and Lanarkshire.	Open Secret Unit 7 Stirling Arcade Stirling Arcade FK8 1AX 01786-448-504 Office / helpline	<a href="http://www.opensecret.org">www.opensecret.org</a> <a href="mailto:janine@opensecret.org">janine@opensecret.org</a>
<b>Stornoway</b>	<b>Helpline 01851-709-965</b> Helpline Mon Tues Wed 10am-9pm Thurs & Fri 10am-4pm & 6pm-9pm We aim to provide support services for women and girls who have been sexually assaulted and/or sexually abused. We also provide services for adult survivors of childhood sexual abuse. Support group for women affected by sexual abuse. Please call for details.	The Western Isles Rape Crisis Centre 74 Kenneth Street Stornoway Isle of Lewis HS1 2DS 01851-709-965 Office / Helpline	<a href="http://www.wircc.co.uk">www.wircc.co.uk</a>
<b>Stornoway</b>	<b>Helpline 01851-704-750</b> Our services are closed on Weds	Western Isles Womens'a Aid Stornoway	<a href="http://www.wiwasty.co.uk">www.wiwasty.co.uk</a> <a href="mailto:wiwasty@hotmail.com">wiwasty@hotmail.com</a>

National helpline **0808-2000-247**

We are an organisation run by women for women.

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Dedicated services for children and young people

One to one counselling offered

Isle of Lewis

01851-704-750 Office helpline

#### **Sutherland**

**Helpline 0845-408-0151**

Helpline Mon to Fri, 9am - 5pm

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Dedicated services for children and young people

Drop-in service, call for details

Caithness & Sutherland WA

[info@caswa.org.uk](mailto:info@caswa.org.uk)

0845-408-0151 Office Refuge

[www.scottishwomensaid.org.uk/](http://www.scottishwomensaid.org.uk/)

[www.womensaid.scot/find-nearest-wa-group/](http://www.womensaid.scot/find-nearest-wa-group/)

#### **Thurso**

**Support Line 0300-999-2017**

The Fresh Start Foundation is a Scottish not for profit group, helping child sexual abuse victims and survivors to achieve Truth and Justice and to support their recovery. Our aim is to provide a break with the past and promote the eradication of child sexual abuse. We champion the values of Truth and Justice and believe sunlight, coupled with self love is the best healer. For more details about The Fresh Start Foundation please see our website.

The Fresh Start Foundation

23 Meadow Court

Thurso

Highland KW14 8DD

Admin 01847-539-317

[www.freshstartfoundation.co.uk/](http://www.freshstartfoundation.co.uk/)

[info@freshstartfoundation.co.uk](mailto:info@freshstartfoundation.co.uk)

#### **Wester Ross**

**Helpline 01349-863-568**

We were set up in 1980 to provide non judgemental, empowering and supportive services to women, children and young people affected by domestic violence.

Refuge: Address not published for safety reasons

Resettlement and follow up support

Dedicated services for children and young people

Drop-in service, call for details of the location and the opening times

Ross-shire Women's Aid

Wester Ross

Ross-shire

07848-023-282 Office

[www.rosswa.co.uk](http://www.rosswa.co.uk)

[info@rosswa.co.uk](mailto:info@rosswa.co.uk)

#### **Wigtownshire**

**Helpline 01776-703-104**

Refuge for women fleeing domestic violence. The address is not published for safety reasons.

Resettlement and follow up support

Dedicated services for children and young people

Drop-in service, call for details.

Wigtownshire Women's Aid

01776-703-104 Office / Refuge

[www.scottishwomensaid.org.uk/](http://www.scottishwomensaid.org.uk/)

[www.womensaid.scot/find-nearest-wa-group/](http://www.womensaid.scot/find-nearest-wa-group/)