

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 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                      Scotland wide                      01324-630-100 Office.</p>	<p><a href="http://www.incaresurvivors.org.uk">www.incaresurvivors.org.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.	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.org.uk">www.womensaid.org.uk</a> <a href="mailto:info@womensaid.org.uk">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	
<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">www.rasane.org.uk</a> <a href="mailto:info@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="https://www.facebook.com/MWAcoatbridgeairdrie/">www.facebook.com/MWAcoatbridgeairdrie/</a> <a href="mailto:info@monklandwomensaid.org.uk">info@monklandwomensaid.org.uk</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 projects in West Lothian, Fife and	Open Secret 14 Bank Street Alloa FK10 1HR 01259-729981 Office / Support	<a href="http://www.opensecret.org">www.opensecret.org</a> <a href="mailto:janine@opensecret.org">janine@opensecret.org</a>

Lanarkshire.

<b>Arbroath</b>	<b>Helpline 01241-439-457</b> Helpline Mon to Wed 10am - 7pm Thurs & 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	Angus Women's Aid Arbroath 01241-439-437 Office / Helpline	<a href="http://www.anguswomensaid.co.uk">www.anguswomensaid.co.uk</a> <a href="mailto:info@anguswomensaid.co.uk">info@anguswomensaid.co.uk</a>
<b>Argyll &amp; Bute</b>	<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	Argyll & Bute Women's Aid Argyll & Bute 01369-706-636 Office / Refuge <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a>	
<b>Ayr</b>	<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.	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>
<b>Ayrshire North</b>	<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	North Ayrshire Women's Aid 01294-466-825 Office <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a>	
<b>Caithness</b>	<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 young people	Caithness & Sutherland WA 0845-408-0151 Office Refuge <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a>	<a href="http://info@caswa.org.uk">info@caswa.org.uk</a>

Drop-in service, call for details

<b>Clackmannanshire Helpline 01259-721-407</b>	Clackmannanshire Women's Aid	<a href="mailto:womensaid@clacks.fslife.co.uk">womensaid@clacks.fslife.co.uk</a>
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	01259-721-407 Office / Refuge <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a>	
<b>Clydebank Helpline 01419-528-118</b>	Clydebank Women's Aid	<a href="mailto:collective@clydebankwa.org">collective@clydebankwa.org</a>
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 01419-528-118 Office / refuge <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a>	
<b>Cupar Fife Helpline 08088-025-555</b>	Fife Women's Aid	<a href="http://www.fifewomensaid.org.uk">www.fifewomensaid.org.uk</a> <a href="mailto:info@fifewomensaid.org.uk">info@fifewomensaid.org.uk</a>
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.	Cupar Fife 01383-732-289 Office	
<b>Dalkeith Support Line 01315-615-800</b>	Women's Aid East & Midlothian	<a href="http://www.womensaideml.org">www.womensaideml.org</a> <a href="mailto:info@midlothianwomensaid.org">info@midlothianwomensaid.org</a>
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	Dalkeith East and Midlothian 01316-639-827 Office	
<b>Dingwall Female volunteer 08088-000-123 Male volunteer 08088-000-122</b>	Rape and Abuse Line	
<a href="mailto:emailsupport@rapeandabuseline.org">emailsupport@rapeandabuseline.org</a> 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 <a href="http://www.caithness.org/community/healthandwelfare/rapeandabuseline.htm">www.caithness.org/community/healthandwelfare/rapeandabuseline.htm</a>	PO Box 10  Dingwall Ross-shire 01349-865-316 Office	
<b>Dingwall Helpline 01349-863-568</b>	Ross-shire Women's Aid	<a href="http://www.rosswa.co.uk">www.rosswa.co.uk</a> <a href="mailto:info@rosswa.co.uk">info@rosswa.co.uk</a>
We were set up in 1980 to provide	Dingwall	

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  
01349-863-568 Office

**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 been raped, sexually abused or

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)

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)

#### 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></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.scottishwomensaid.org.uk/node/377">www.scottishwomensaid.org.uk/node/377</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.incaresurvivors.org.uk">www.incaresurvivors.org.uk</a>  <a href="mailto:janine@incaresurvivors.org.uk">janine@incaresurvivors.org.uk</a></p>
<b>Falkirk</b>	<p><b>Head Office 01324-630-100</b></p>	<p>Open Secret</p>	<p><a href="http://www.opensecret.org">www.opensecret.org</a></p>

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.

98 Thornhill Road  
Falkirk  
FK2 7AB  
01324-630-100 Head office

[janine@opensecret.org](mailto:janine@opensecret.org)

**Fort William**

**Helpline 01397-705-734**  
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.

Lochaber Women's Aid  
Fort William  
01397-705-734 Office / Refuge

[www.lochaberwomensaid.org](http://www.lochaberwomensaid.org)  
[lwa@lochaberwomensaid.org](mailto:lwa@lochaberwomensaid.org)

**Galashiels**

**Helpline 08088-010-302 Freephone support@sbrcc.org.uk**  
**Mobile number: 07584-149-390**  
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.

Scottish Borders Rape Crisis Centre  
1A Wilderhaugh  
Galashiels  
TD1 1PW

01896-661-070 Office  
Opening hours 9 - 5, Mon - Fri  
[www.scottishbordersrapecrisis.org.uk/](http://www.scottishbordersrapecrisis.org.uk/)  
[www.facebook.com/SBRCC](https://www.facebook.com/SBRCC)

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

**Glasgow**

**Helpline 01419-440-201**  
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

Drumchapel Women's Aid  
Glasgow  
01419-440-201 Office / Refuge

**Glasgow**

**Helpline 01415-532-022 Refuge**  
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

Glasgow Women's Aid  
01415-532-022 Office / Refuge  
[admin@glasgowwomensaid.org.uk](mailto:admin@glasgowwomensaid.org.uk)  
[www.scottishwomensaid.org.uk/](http://www.scottishwomensaid.org.uk/)

**Glasgow**

**Crisis Line 01417-733-533**  
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

Glasgow East Women's Aid  
Glasgow  
01417-810-230 Office / Drop in

[www.gewa.org.uk](http://www.gewa.org.uk)  
[collective@gewa.org.uk](mailto:collective@gewa.org.uk)



<b>Glasgow</b>	<p><b>Helpline 01413-530-859</b>          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.          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>Hemat Gryffe Women's Aid          Glasgow          01413-530-859 Office / Helpline  <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a></p>	<p><a href="http://www.hematgryffe.org.uk">www.hematgryffe.org.uk</a></p>
<b>Glasgow</b>	<p><b>Helpline 08088-00-00-14</b>          Email support is available          Helpline Mon - Sun 11am - 2pm          Mon - Thurs 5.30pm - 7.30pm          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.          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          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>	<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></p>
<b>Grampian Region</b>	<p><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.</p>	<p>Grampian Women's Aid          Grampian          01224-593-381 Office / Helpline  <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a></p>	

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="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>	<b>Helpline 0800-027-1234</b>	Border Women's Aid	<a href="http://www.borderwomensaid.co.uk">www.borderwomensaid.co.uk</a>

Scottish Borders	<p>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.</p>	<p>Jedburgh  Scottish Borders  01835-863-514 Office</p>	
<b>Kilmarnock</b>	<p><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.</p>	<p>Break the Silence  11 Grange Place  Kilmarnock  KA1 2AB  01563-559-558 Office / Helpline</p>	<a href="http://www.breakthesilence.org.uk">www.breakthesilence.org.uk</a>
<b>Kilmarnock</b>	<p><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.</p>	<p>East Ayrshire Women's Aid  Kilmarnock  01290-423-434 Office / Drop in  <a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a></p>	
<b>Kilmarnock</b>	<p><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 &amp; advocacy</p>	<p>Rape Counselling &amp; Resource Centre  PO Box 23  Kilmarnock  KA1 1DP  01563-544-686 Office</p>	<a href="mailto:rcrc1@btconnect.com">rcrc1@btconnect.com</a>
<b>Kirkcaldy</b>	<p><b>Helpline 01592-642-336</b>  Fife Rape &amp; 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.</p>	<p>Fife Rape Sexual Assault Centre  182a The Esplanade  Kirkcaldy  Fife  KY1 1RE  01592-642-336 Office / Helpline</p>	<p><a href="http://www.frasac.org.uk">www.frasac.org.uk</a>  <a href="mailto:info@frasac.org.uk">info@frasac.org.uk</a></p>
<b>Kirkcaldy</b>	<p>Kingdom Abuse Survivors Project.  KASP endeavours to enable adult</p>	<p>KASP  182A The Esplanade</p>	<p><a href="http://www.kasp.org.uk">www.kasp.org.uk</a>  <a href="mailto:info@kasp.org.uk">info@kasp.org.uk</a></p>

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

Kirkcaldy  
Fife KY1 1RE  
01592-644-217 Office

**Kirkintilloch**  
East  
Dumbartonshire

**Helpline 01417-760-864**  
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.

East Dunbartonshire Women's  
Aid  
Kirkintilloch  
East Dunbartonshire  
01417-760-864 Office / Helpline

[www.edwa.org.uk](http://www.edwa.org.uk)  
[edwomensaid@aol.com](mailto:edwomensaid@aol.com)

**Livingston**

**Helpline 01506-281-984**  
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  
Domestic Abuse Centre  
Civic Centre  
Howden south Road  
Livingston  
EG54 6FF  
01506-281-984 Office / Helpline

[www.opensecret.org](http://www.opensecret.org)  
[janine@opensecret.org](mailto:janine@opensecret.org)

**Livingston**

**Helpline 01506-413-721**  
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.

West Lothian Women's Aid  
Livingston  
West Lothian  
01506-461-938 Office

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

**Motherwell**

**Helpline 01698-321-000**  
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.

Motherwell & District Women's  
Aid  
Motherwell  
01698-322-020 Office / Refuge  
[www.scottishwomensaid.org.uk/](http://www.scottishwomensaid.org.uk/)

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

**Orkney**

**Helpline 01856-877-900**  
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 Orkney  
Orkney Islands  
01856-877-900 Office / Helpline  
[www.womensaidorkney.org.uk/](http://www.womensaidorkney.org.uk/)

[info@womensaidorkney.org.uk](http://info@womensaidorkney.org.uk)

<b>Paisley</b>	<p><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.</p>	<p>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></p>
<b>Penicuik</b>	<p><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</p>	<p>Women's Aid East &amp; 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></p>
<b>Perth and Kinross</b>	<p><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.</p>	<p>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></p>
<b>Perthshire and Kinross</b>	<p><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.</p>	<p>Perthshire Women's Aid  Perthshire &amp; Kinross  49 York Place  Perth PH2 8EH  01738-639-043 Office / Support  <a href="http://www.perthwomensaid.org.uk">www.perthwomensaid.org.uk</a>  <a href="mailto:contactus@perthwomensaid.org.uk">contactus@perthwomensaid.org.uk</a></p>
<b>Shetland</b>	<p><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 Dedicated services for children and young people</p>	<p>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></p>

<b>Skye &amp; Lochalsh</b>	<p><b>Helpline 01349-863-568</b></p> <p>We were set up in 1980 to provide non judgemental, empowering and supportive services to women, children and young people affected by domestic violence.</p> <p>Refuge: Address not published for safety reasons</p> <p>Resettlement and follow up support</p> <p>Dedicated services for children and young people</p> <p>Drop-in service, call for details of the location and the opening times</p>	<p>Ross-shire Women's Aid  Skye &amp; Lochalsh  Ross-shire  01478-613-365 Office</p>	<p><a href="http://www.rosswa.co.uk">www.rosswa.co.uk</a>  <a href="mailto:info@rosswa.co.uk">info@rosswa.co.uk</a></p>
<b>Stirling</b>	<p><b>Helpline 01786-471-771</b></p> <p>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 &amp; Clackmannanshire. Please see our website for more details or call 01786-471-771 to speak to one of our trained workers.</p> <p><a href="http://www.rapecrisscotland.org.uk/help-information/local-rape-crisis-centres/">www.rapecrisscotland.org.uk/help-information/local-rape-crisis-centres/</a></p>	<p>Central Scotland Rape Crisis and Sexual Abuse Centre  1 Glebe Avenue  Stirling  FK8 2HZ  01786-471-771 Office / Helpline</p>	
<b>Stirling</b>	<p><b>Helpline 01786-448-504</b></p> <p>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  Unit 7  Stirling Arcade  Stirling Arcade  FK8 1AX  01786-448-504 Office / helpline</p>	<p><a href="http://www.opensecret.org">www.opensecret.org</a>  <a href="mailto:janine@opensecret.org">janine@opensecret.org</a></p>
<b>Stornoway</b>	<p><b>Helpline 01851-709-965</b></p> <p>Helpline Mon Tues Wed 10am-9pm  Thurs &amp; Fri 10am-4pm &amp; 6pm-9pm</p> <p>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.</p> <p>Support group for women affected by sexual abuse. Please call for details.</p>	<p>The Western Isles Rape Crisis Centre  74 Kenneth Street  Stornoway  Isle of Lewis  HS1 2DS  01851-709-965 Office / Helpline</p>	<p><a href="http://www.wircc.co.uk">www.wircc.co.uk</a></p>
<b>Stornoway</b>	<p><b>Helpline 01851-704-750</b></p> <p>Our services are closed on Weds</p> <p>National helpline <b>0808-2000-247</b></p> <p>We are an organisation run by women for women.</p>	<p>Western Isles Womens'a Aid  Stornoway  Isle of Lewis  01851-704-750 Office helpline</p>	<p><a href="http://www.wiwasty.co.uk">www.wiwasty.co.uk</a>  <a href="mailto:wiwasty@hotmail.com">wiwasty@hotmail.com</a></p>

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

**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  
0845-408-0151 Office Refuge  
[www.scottishwomensaid.org.uk/](http://www.scottishwomensaid.org.uk/)

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