

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
SCOTLAND			
Nationwide	<p>Support Line 0300-999-2017 Fresh Start Foundation is a Scottish not for profit group, helping child sexual abuse victims and survivors to achieve Truth & Justice along with support.</p>	<p>Fresh Start Foundation 15, Mulroy Terrace Roybridge Inverness-shire Scotland PH31 4AF Admin 01444-390-270</p>	<p>info@freshstartfoundation.co.uk</p>
Nationwide	<p>Helpline 0300-999-5428 help@brokenrainbow.org.uk Helpline Mon & 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>mail@brokenrainbow.org.uk</p>
Nationwide	<p>CASS Women's Self Injury Helpline 0808-800-8088 Tues & 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. 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>www.selfinjurysupport.org.uk info@selfinjurysupport.org.uk Email Support form on Website.</p>
Nationwide	<p>Helpline 0808-164-2005 We bring together specialist organisations working in the field of abuse. Counselling and advocacy Women's and men's support groups</p>	<p>Future Pathways Scotland wide 0808-164-2005 Office / Helpline</p>	<p>www.future-pathways.co.uk/</p>
Nationwide	<p>Helpline 0808-801-0302 Freephone support@rapecrisisScotland.org.uk Helpline 6pm to Midnight 7 days If you have been raped or sexually abused or are supporting someone else who has, you can contact us. It doesn't matter whether this happened recently or a long time ago. We offer a minicom service</p>	<p>Rape Crisis Scotland Scotland 0141-331-4180 Office</p>	<p>www.rapecrisisScotland.org.uk info@rapecrisisScotland.org.uk</p>

for deaf or hard of hearing people.

Nationwide	Helpline 08088-020-406 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. www.scottishwomensrightscentre.org.uk/abuse-violence-victim-support/	Trauma Counselling Line Nationwide Scotland 08088-020-406 Office / Helpline	
Nationwide	Helpline 0808-027-1234 helpline@womensaid.org.uk	Women's Aid UK National Domestic Violence Helpline 0131-226-6066 Office	www.womensaid.scot/ info@womensaid.org.uk
Aberdeen	Helpline 01224-593-381 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 info@grampian-womens-aid.com www.womensaid.scot/find-nearest-wa-group/	
Aberdeen	Helpline 01224-590-932 We are a voluntary organisation and we provide Aberdeen vital support and advocacy to survivors over 13 years old of reape 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 / Helpline info@rapecrisisgrampian.co.uk RapeCrisis Grampian Facebook	
Airdrie	Helpline 01236-432-061 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 www.facebook.com/MWAcoatbridgeairdrie/ info@monklandwomensaid.org.uk www.womensaid.scot/find-nearest-wa-group/	
Alloa	Helpline 01324-630-100 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 14 Bank Street Alloa FK10 1HR 01324-630-100 Office / Support www.wellbeingscotland.org/ info@wellbeingscotland.org	www.opensecret.org

Arbroath	<p>Helpline 01241-439-437 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 legal appointments and offer practical advice and planning. Drop-in service, call for details</p>	<p>Angus Women's Aid Arbroath info@anguswomensaid.co.uk 01241-439-437 Office / Helpline www.womensaid.scot/find-nearest-wa-group/</p>
Argyll & Bute	<p>Helpline 01450-218-409 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 & Bute Women's Aid Argyll & Bute 01450-218-409 Office / Refuge www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-wa-group/argyllwomensaid@btconnect.com</p>
Ayr	<p>Helpline 01292-266-482 Option 1 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>South Ayrshire Women's Aid Ayr Support@sawamail.org.uk South Ayrshire 01292-266-482 Option 2 Office and Advocacy www.southayrshirewomensaid.org.uk Children & Youth Services call 01292-267-067 Childrens and youth services cyp@sawamail.org.uk</p>
Ayrshire North	<p>Helpline 01294-602-424 Refuge 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 01294-602-424 Office / Helpline www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-wa-group/admin@nawomensaid.co.uk</p>
Caithness	<p>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</p>	<p>Caithness & Sutherland WA info@caswa.org.uk 0845-408-0151 Office Refuge www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-wa-group/</p>
Clackmannanshire	<p>Helpline 01259-721-407 Helpline Mon to Fri, 9.30am - 4pm</p>	<p>Clackmannanshire Women's Aid</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

01259-721-407 Office / Refuge
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/
clackswomensaid@gmail.com

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/
www.womensaid.scot/find-nearest-wa-group/
collective.clydebankwa@gmail.com

Cupar

Fife

Helpline 0808-802-5555

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
info@fifewomensaid.org.uk

Dalkeith

Support Line 01316-639-827

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 / Helpline

info@midlothianwomensaid.org

Dingwall

Female volunteer 08088-000-122

Male volunteer 08088-000-122

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

Rape and Abuse Line
PO Box 10

Dingwall
Ross-shire
01349-865-316 Office

Dingwall

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

Ross-shire Women's Aid
Dingwall
Ross-shire
01349-863-568 Office

www.rosswa.co.uk
info@rosswa.co.uk

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

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
www.womensaid.scot/find-nearest-wa-group/Ddwa.info@ddwa.org.uk

Dumfries

National Line 0808-801-0302
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
[Rape Crisis Scotland | Working to end sexual violence](http://RapeCrisisScotland.org.uk)
info@rape-crisis.org.uk

Dundee

Helpline 01382-207-099
Hours Mon Tue Wed Fri 9.30-12.30 and 1.30-4.30 Thur 9.30-12.30 only
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
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

Dundee

Helpline 01382-201-291
See website for helpline hours
support@wrasac.org.uk
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 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.

Women's Rape and Sexual Abuse Centre
PO Box 83
Dundee
DD1 4YZ
01382-205-556 Office
www.wrasac.org.uk
info@wrasac.org.uk

Dunfermline

Helpline 0808-802-5555

Fife Women's Aid
www.fifewomensaid.org.uk

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.

Dunfermline
Fife
01383-732-289 Office

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
[Safe Space Dunfermline - Home | Facebook](#)

www.safe-space.co.uk
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

info@ab-rc.org.uk

East Kilbride

Helpline 0800-027-1234
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
info@wasler.org.uk

Edinburgh

Helpline 01313-158-110
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

Edinburgh Women's Aid
Edinburgh
01313-158-111 Office

www.edinwomensaid.co.uk
info@edinwomensaid.co.uk

Group Programme
Drop-in service, call for details.

Edinburgh

Helpline 0808-801-0302
support@ercc.scot

Text Helpline 07537-410-027

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

Edinburgh Women's Rape and Sexual Abuse Centre
1 Leopold Place
Edinburgh
EH7 5JW
01315-576-737 Office

www.ercc.scot/

Elgin

Helpline 01343-584-549

Helpline Mon to Fri 24 hours
Saturday & 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

Moray Women's Aid
Elgin
01343-584-549 Office / Advice
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/

admin@mwaelgin.co.uk

Falkirk

Helpline 01324-635-661

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.

Falkirk and District Women's Aid
Falkirk
01324-635-661 Office / Helpline
www.womensaid.scot/find-nearest-wa-group/
info@falkirkwomensaid.org.uk

Falkirk

Helpline 0808-164-2005

We bring together specialist organisations working in the field of abuse.
Counselling and advocacy
Women's and men's support groups

IN Care Survivors
98 Thornhill Road
Falkirk
FK2 7AB
0808-164-2005 Office / Helpline

www.future-pathways.co.uk/

Falkirk

Head Office 01324-630-100

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
98 Thornhill Road
Falkirk
FK2 7AB
01324-630-100 Head office
www.wellbeingscotland.org/
info@wellbeingscotland.org

www.opensecret.org

Fort William	<p>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.</p>	<p>Lochaber Women's Aid Fort William 01397-705-734 Office / Refuge</p>	<p>www.lochaberwomensaid.org lwa@lochaberwomensaid.org</p>
Galashiels	<p>Helpline 01896-661-070 support@sbrcc.org.uk Mobile number: 07584-149-691 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 / Advice Opening hours 9 - 5, Mon - Fri www.facebook.com/SBRCC</p>	<p>info@sbrcc.org.uk</p>
Glasgow	<p>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</p>	<p>Glasgow Women's Aid 01415-532-022 Office / Refuge admin@glasgowwomensaid.org.uk www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-wa-group/</p>	
Glasgow	<p>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.</p>	<p>Glasgow East Women's Aid Glasgow 01417-810-230 Office / Drop in</p>	<p>www.gewa.org.uk info@gewa.org.uk</p>
Glasgow	<p>Helpline 01413-530-859 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 www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-wa-group/ womensaid@hematgryffe.org.uk</p>	<p>www.hematgryffe.org.uk</p>
Glasgow	<p>Helpline 0808-800-014 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 tp</p>	<p>Rape Crisis - Glasgow 5th Floor 30 Bell Street Glasgow G1 1LG 01415-523-201 Office</p>	

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.

info@rapecrisiscentre-glasgow.co.uk
www.rapecrisiscentre-glasgow.co.uk

Glasgow

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.

SAY Women
30 Bell Street
3rd Floor
Glasgow
G1 1LG
01415-525-803 Office

www.say-women.co.uk
enquiries@say-women.co.uk

Grampian Region

Helpline 01224-593-381
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
Grampian
01224-593-381 Office / Helpline
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/
info@grampian-womens-aid.com

Hamilton

Helpline 01698-527-003
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

www.lanrcc.org.uk
info@lanrcc.org.uk

Hamilton

DV Helpline 0800-027-1234
Helpline available 24 Hours
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support

Women's Aid South Lanarkshire
Hamilton
01355-249-897 Office

www.wasl.org.uk
info@wasler.org.uk

Dedicated services for children and young people

Huntly	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	www.ellel.org info.scotland@ellelministries.org
Inverclyde	National DV Line 0800-027-1234 Local Helpline 01475-781-689 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 www.womensaid.scot/find-nearest-wa-group/ info@inverclydewomensaid.co.uk	
Inverness	Helpline 01463-220-719 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 www.womensaid.scot/find-nearest-wa-group/	info@invernesswa.co.uk
Jedburgh Scottish Borders	Helpline 0800-027-1234 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 01450-218-409 Office	www.borderwomensaid.co.uk
Kilmarnock	Helpline 01563-559-558 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	www.breakthesilence.org.uk info@breakthesilence.org.uk
Kilmarnock	Helpline 01563-536-001 Mon to Thurs 9am-4pm, Fri 9-1pm Refuge for women fleeing domestic	East Ayrshire Women's Aid Kilmarnock 01563-536-001 Office / Helpline	

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.

www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/info@eastayrshirewomensaid.org.uk

Kilmarnock

Helpline 01563-541-769

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
www.facebook.com/RCRC-Kilmarnock-669723869757798/

Rape Counselling & Resource Centre
PO Box 23
Kilmarnock
KA1 1DP
01563-544-686 Office

rcrc1@btconnect.com

Kirkcaldy

Helpline 01592-642-336

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

www.frasac.org.uk
info@frasac.org.uk

Kirkcaldy

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

KASP
182A The Esplanade
Kirkcaldy
Fife KY1 1RE
01592-644-217 Office
07501-221-909 Text Line

www.kasp.org.uk/
info@kasp.org.uk

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.womensaid.scot/find-nearest-wa-group/

www.edwa.org.uk
edwomensaid@aol.com

Livingston

Helpline 01324-630-100

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

Open Secret
Domestic Abuse Centre
Civic Centre
Howden south Road
Livingston
EG54 6FF
01324-630-100 Office / Helpline
www.wellbeingScotland.org/

www.opensecret.org

and EFT. We have offices in Falkirk, info@wellbeingscotland.org
Stirling, Clackmannanshire and
projects in West Lothian, Fife and
Lanarkshire.

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 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 01698-321-000 Office / Helpline www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-wa-group/	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/	info@womensaidorkney.org.uk
Paisley	Helpline 01415-617-030 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 01415-617-030 Office / Refuge info@renfrewshirewomensaid.co.uk	
Penicuik	Support Line 01968-670-970 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	info@midlothianwomensaid.org
Perth and Kinross	Helpline 01738-630-956 support@rasacpk.org.uk 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	Rape and Sexual Abuse Centre 18 King Street Perth PH2 8JA 01738-626-290 Office	www.rasacpk.org.uk info@rasacpk.org.uk

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.

**Perthshire
and Kinross**

Support line 01738-639-043

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

01738-635-404 Office

contactus@perthwomensaid.org.uk

www.perthwomensaid.org.uk

Shetland

Helpline 01595-692-070

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

Shetland Women's Aid

Shetland Islands

01595-692-070 Office / Refuge

office@shetlandwa.org

www.scottishwomensaid.org.uk/

www.womensaid.scot/find-nearest-wa-group/

Skye & Lochalsh

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

www.rosswa.co.uk

info@rosswa.co.uk

Stirling

Helpline 01786-439-244

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.

www.rapecrisisScotland.org.uk/help-information/local-rape-crisis-centres/

Central Scotland Rape Crisis
and Sexual Abuse Centre

1 Glebe Avenue

Stirling

FK8 2HZ

01786-439-244 Office / Helpline

Stirling

Helpline 01324-630-100

Open Secret works with survivors of childhood sexual abuse and

Open Secret

Unit 7

Stirling Arcade

www.opensecret.org

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.

Stirling Arcade
FK8 1AX
01324-630-100 Office / helpline
www.wellbeingscotland.org/
info@wellbeingscotland.org

Stornoway

Helpline 01851-709-965

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

Stornoway

Helpline 01851-704-750

Our services are closed on Weds
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

Western Isles Womens'a Aid
Stornoway
Isle of Lewis
01851-704-750 Office helpline

www.wiwasty.co.uk
office@wiwasty.org

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/
www.womensaid.scot/find-nearest-wa-group/

info@caswa.org.uk

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
info@freshstartfoundation.co.uk

Wester Ross**Helpline 07848-023-282**

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 / Advice

www.rosswa.co.uk

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/

www.womensaid.scot/find-nearest-wa-group/

wigwa@hotmail.co.uk