### Scotland

<table>
<thead>
<tr>
<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nationwide</td>
<td><strong>Fresh Start Foundation</strong> is a Scottish not for profit group, helping child sexual abuse victims and survivors to achieve Truth &amp; Justice along with support.</td>
<td>Fresh Start Foundation</td>
<td><a href="mailto:info@freshstartfoundation.co.uk">info@freshstartfoundation.co.uk</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td><strong>Broken Rainbow UK</strong></td>
<td>Broken Rainbow UK</td>
<td><a href="mailto:mail@brokenrainbow.org.uk">mail@brokenrainbow.org.uk</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td><strong>CASS Women's Self Injury Helpline</strong></td>
<td>Self Injury Support - Women</td>
<td><a href="http://www.selfinjursupport.org.uk">www.selfinjursupport.org.uk</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td><strong>Future Pathways</strong></td>
<td>Future Pathways</td>
<td><a href="http://www.future-pathways.co.uk/">www.future-pathways.co.uk/</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td><strong>Rape Crisis Scotland</strong></td>
<td>Rape Crisis Scotland</td>
<td><a href="http://www.rapecrisisscotland.org.uk">www.rapecrisisscotland.org.uk</a></td>
</tr>
</tbody>
</table>

**Notes:**
- 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.
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/

**Nationwide Helpline 0808-027-1234**
helpline@womensaid.org.uk
Women's Aid UK
www.womensaid.scot/

**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

**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 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.

**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.

**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.

**Women's Aid UK**
info@womensaid.org.uk

**Grampian Women's Aid**
Aberdeen
01224-593-381 Office / Helpline
info@grampian-womens-aid.com
www.womensaid.scot/find-nearest-wa-group/

**Rape and Abuse Support (RAS)**
112 Crown Street
Aberdeen
AB11 6HJ
01224-590-932 Office / Helpline
info@rapecrisisgrampian.co.uk
RapeCrisis Grampian | Facebook

**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/

**Open Secret**
14 Bank Street
Alloa
FK10 1HR
01324-630-100 Office / Support
www.wellbeingscotland.org/
info@wellbeingscotland.org
<table>
<thead>
<tr>
<th>Area</th>
<th>Helpline Number</th>
<th>Service Description</th>
</tr>
</thead>
</table>
| Arbroath     | 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  
Angus Women's Aid  
info@anguswomensaid.co.uk  
01241-439-437 Office / Helpline  
www.womensaid.scot/find-nearest-wa-group/ |
| Argyll & Bute | 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  
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 |
| Ayr          | 01292-266-482 Option 1 | 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.  
South Ayrshire Women's Aid  
Ayr  
Support@sawamail.org.uk  
01292-266-482 Option 2  
cyp@sawamail.org.uk  
Office and Advocacy  
www.southayrshrewomensaid.org.uk  
Children & Youth Services call  
01292-267-067 |
| Ayrshire      | 01294-602-424 Refugee | 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  
North Ayrshire Women's Aid  
North Ayrshire  
01294-602-424 Office / Helpline  
www.scottishwomensaid.org.uk/  
www.womensaid.scot/find-nearest-wa-group/  
admin@nawomensaid.co.uk |
| Caithness    | 0845-408-0151     | 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  
Caithness & Sutherland WA  
info@caswa.org.uk  
0845-408-0151 Office Refuge  
www.scottishwomensaid.org.uk/  
www.womensaid.scot/find-nearest-wa-group/ |
| Clackmannanshire | 01259-721-407 | 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  
Clackmannanshire Women's Aid  
Clackmannanshire  
01259-721-407 Office / Helpline  
www.scottishwomensaid.org.uk/  
www.womensaid.scot/find-nearest-wa-group/ |
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

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@gmail.com](mailto:collective.clydebankwa@gmail.com)

Cupar
**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](http://www.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](mailto:info@midlothianwomensaid.org)

Dingwall
**Female volunteer 08088-000-122**
**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)

Dingwall Women's Aid
Dingwall
01349-865-316 Office
[www.rosswa.co.uk](http://www.rosswa.co.uk)
[info@rosswa.co.uk](mailto:info@rosswa.co.uk)

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](http://www.rosswa.co.uk)
[info@rosswa.co.uk](mailto: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/](http://www.womensaid.scot/find-nearest-wa-group/)
- [Ddwa.info@ddwa.org.uk](mailto: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://www.rapecrisis.org.uk)

**Dundee**

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

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**
- **DD1 1EL**
- **01382-224-737 Office / Support**
- [www.izzyspromise.org.uk](http://www.izzyspromise.org.uk)

**Dundee**

**Helpline 01382-201-291**
See website for helpline hours

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**
- **Dundee**
- **DD1 4YZ**
- **01382-205-556 Office**
- [www.wrasac.org.uk/](http://www.wrasac.org.uk/)
- [info@wrasac.org.uk](mailto:info@wrasac.org.uk)

**Dunfermline**

**Helpline 0808-802-5555**
Fife Women's Aid

- **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**

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
KY12 7NU
01383-739-084 Office

Safe Space Dunfermline - Home | Facebook

**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

**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

info@wasl.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

info@edinwomensaid.co.uk
Edinburgh

**Helpline 0808-801-0302**  
Edinburgh Women's Rape and Sexual Abuse Centre  
1 Leopold Place  
Edinburgh  
EH7 5JW

**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

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

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

**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

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.
<table>
<thead>
<tr>
<th>Location</th>
<th>Helpline</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fort William</td>
<td>01397-705-734</td>
<td>Lochaber Women's Aid <a href="http://lochaberwomensaid.org">www.lochaberwomensaid.org</a></td>
</tr>
<tr>
<td>Galashiels</td>
<td>01896-661-070</td>
<td>Scottish Borders Rape Crisis Centre <a href="mailto:info@sbrcc.org.uk">info@sbrcc.org.uk</a></td>
</tr>
<tr>
<td>Glasgow</td>
<td>01415-532-022</td>
<td>Glasgow Women's Aid <a href="mailto:admin@glasgowwomensaid.org.uk">admin@glasgowwomensaid.org.uk</a></td>
</tr>
<tr>
<td>Glasgow</td>
<td>01417-733-533</td>
<td>Glasgow East Women's Aid <a href="mailto:info@gewa.org.uk">info@gewa.org.uk</a></td>
</tr>
<tr>
<td>Glasgow</td>
<td>01413-530-859</td>
<td>Hemat Gryffe Women's Aid <a href="http://www.hematgryffe.org.uk">www.hematgryffe.org.uk</a></td>
</tr>
<tr>
<td>Glasgow</td>
<td>0808-800-014</td>
<td>Rape Crisis - Glasgow <a href="mailto:womensaid@hematgryffe.org.uk">womensaid@hematgryffe.org.uk</a></td>
</tr>
</tbody>
</table>
women and girls who have been sexually assaulted, raped or sexually abuse 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.

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.

<table>
<thead>
<tr>
<th>Region</th>
<th>SAY Women</th>
<th>SAY Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow</td>
<td>30 Bell Street</td>
<td>3rd Floor</td>
</tr>
<tr>
<td></td>
<td>Glasgow</td>
<td>G1 1LG</td>
</tr>
<tr>
<td></td>
<td>01415-525-803 Office</td>
<td></td>
</tr>
</tbody>
</table>

Grampian

<table>
<thead>
<tr>
<th>Region</th>
<th>Helpline</th>
<th>Grampian Women's Aid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grampian</td>
<td>01224-593-381</td>
<td>Grampian</td>
</tr>
<tr>
<td></td>
<td>Helpline mon-Fri 9.30am -12.30pm and Mon - Fri 1.30pm - 4.30pm</td>
<td>01224-593-381 Office / Helpline</td>
</tr>
<tr>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
<td><a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a></td>
</tr>
<tr>
<td></td>
<td>Resettlement and follow up support</td>
<td><a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:info@grampian-womens-aid.com">info@grampian-womens-aid.com</a></td>
</tr>
</tbody>
</table>

Hamilton

<table>
<thead>
<tr>
<th>Region</th>
<th>Helpline</th>
<th>Lanarkshire Rape Crisis Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamilton</td>
<td>01698-527-003</td>
<td>23-25 Brandon Street</td>
</tr>
<tr>
<td></td>
<td>Helpline Mon &amp; Wed 1pm - 3.30pm Tues &amp; Thurs 6pm - 8.30pm Fridays 10.30am - 1pm</td>
<td>Hamilton</td>
</tr>
<tr>
<td></td>
<td>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</td>
<td>ML3 6DA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>01698-527-006 Office</td>
</tr>
</tbody>
</table>

Hamilton

<table>
<thead>
<tr>
<th>Region</th>
<th>Helpline</th>
<th>Women’s Aid South Lanarkshire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamilton</td>
<td>0800-027-1234</td>
<td>01355-249-897 Office</td>
</tr>
<tr>
<td></td>
<td>Helpline available 24 Hours</td>
<td>Hamilton</td>
</tr>
<tr>
<td></td>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</td>
<td><a href="http://www.wasl.org.uk">www.wasl.org.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:info@wasl.org.uk">info@wasl.org.uk</a></td>
</tr>
</tbody>
</table>
### 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**

- **Ellel Ministries**
  - **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/**

### Jedburgh
- **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**

### 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**

- **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.

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/

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.

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

Kirkintilloch

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.

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

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

Kilmarnock

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

rcrc1@btconnect.com

Kirkcaldy

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

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 Dunbartonshire Women's Aid
1417-760-864 Office / Helpline
www.womensaid.scot/find-nearest-wa-group/

Livingston

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

www.opensecret.org
www.wellbeingscotland.org/
and EFT. We have offices in Falkirk, 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

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

Motherwell & District Women's Aid

Motherwell

01698-321-000 Office / Helpline

www.scottishwomensaid.org.uk/

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

info@mdw.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

Renfrewshire Women's Aid

Paisley

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

Penicuik

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

Perth

18 King Street

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.

<table>
<thead>
<tr>
<th>Perthshire and Kinross</th>
<th>Support line 01738-639-043</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support Mon to Fri, 9.30am - 4pm</td>
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</tr>
<tr>
<td>Refuge for women fleeing domestic violence.</td>
<td></td>
</tr>
<tr>
<td>Resettlement and follow up support</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Perthshire Women's Aid</th>
<th><a href="http://www.perthwomensaid.org.uk">www.perthwomensaid.org.uk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Perthshire &amp; Kinross</td>
<td>49 York Place</td>
</tr>
<tr>
<td>Perth PH2 8EH</td>
<td></td>
</tr>
<tr>
<td>01738-635-404 Office</td>
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<thead>
<tr>
<th>Shetland</th>
<th>Helpline 01595-692-070</th>
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<tbody>
<tr>
<td>Helpline Mon to Fri, 9am - 5pm</td>
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</tr>
<tr>
<td>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</td>
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<td>Resettlement and follow up support</td>
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<tr>
<td>Dedicated services for children and young people</td>
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</tr>
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<tr>
<th>Shetland Women's Aid</th>
<th><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></th>
</tr>
</thead>
<tbody>
<tr>
<td>Shetland Islands</td>
<td>01595-692-070 Office / Refuge</td>
</tr>
<tr>
<td><a href="mailto:office@shetlandwa.org">office@shetlandwa.org</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Skye &amp; Lochalsh</th>
<th>We were set up in 1980 to provide non judgemental, empowering and supportive services to women, children and young people affected by domestic violence.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refuge: Address not published for safety reasons</td>
<td></td>
</tr>
<tr>
<td>Resettlement and follow up support</td>
<td></td>
</tr>
<tr>
<td>Dedicated services for children and young people</td>
<td></td>
</tr>
<tr>
<td>Drop-in service, call for details of the location and the opening times</td>
<td></td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>Ross-shire Women's Aid</th>
<th><a href="http://www.rosswa.co.uk">www.rosswa.co.uk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Skye &amp; Lochalsh</td>
<td><a href="mailto:info@rosswa.co.uk">info@rosswa.co.uk</a></td>
</tr>
<tr>
<td>Ross-shire</td>
<td>01478-613-365 Office</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stirling</th>
<th>Helpline 01786-439-244</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><a href="http://www.rapecrisisscotland.org.uk/help-information/local-rape-crisis-centres/">www.rapecrisisscotland.org.uk/help-information/local-rape-crisis-centres/</a></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Central Scotland Rape Crisis and Sexual Abuse Centre</th>
<th>1 Glebe Avenue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stirling</td>
<td>FK8 2HZ</td>
</tr>
<tr>
<td>01786-439-244 Office / Helpline</td>
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<tr>
<th>Stirling</th>
<th>Helpline 01324-630-100</th>
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</thead>
<tbody>
<tr>
<td>Open Secret works with survivors of childhood sexual abuse and</td>
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<tr>
<td>Open Secret</td>
<td>Unit 7</td>
</tr>
<tr>
<td><a href="http://www.opensecret.org">www.opensecret.org</a></td>
<td></td>
</tr>
</tbody>
</table>

| 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.

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

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

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 Western Isles Rape Crisis Centre
74 Kenneth Street
Stornoway
Isle of Lewis
HS1 2DS
01851-709-965 Office / Helpline

Western Isles Womens’a Aid
www.wiwasty.co.uk
office@wiwasty.org

Caitness & Sutherland WA
info@caswa.org.uk

The Fresh Start Foundation
23 Meadow Court
Thurso
Highland KW14 8DD
info@freshstartfoundation.co.uk
<table>
<thead>
<tr>
<th>Location</th>
<th>Helpline</th>
<th>Website</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wester Ross</td>
<td><strong>07848-023-282</strong></td>
<td><a href="http://www.rosswa.co.uk">www.rosswa.co.uk</a></td>
<td>Ross-shire Women's Aid Wester Ross Ross-shire 07848-023-282 Office / Advice</td>
</tr>
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<tr>
<td>Wigtownshire</td>
<td><strong>01776-703-104</strong></td>
<td><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></td>
<td>Wigtownshire Women's Aid <a href="mailto:wigwa@hotmail.co.uk">wigwa@hotmail.co.uk</a> 01776-703-104 Office / Refuge Resettlement and follow up support Dedicated services for children and young people Drop-in service, call for details.</td>
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