

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>www.freshstartfoundation.co.uk/ 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>www.brokenrainbow.org.uk 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</p>	<p>Rape Crisis Scotland Scotland 0141-331-4180 Office</p>	<p>www.rapecrisisscotland.org.uk info@rapecrisisscotland.org.uk</p>

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/	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 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 / Helpline www.rasane.org.uk info@rapecrisisgrampian.co.uk
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,	Open Secret 14 Bank Street Alloa FK10 1HR 01324-630-100 Office / Support www.wellbeingscotland.org/info@wellbeingscotland.org www.opensecret.org

Stirling, Clackmannanshire and projects in West Lothian, Fife and Lanarkshire.

Arbroath

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

Angus Women's Aid

Arbroath info@anguswomensaid.co.uk
01241-439-437 Office / Helpline
www.womensaid.scot/find-nearest-wa-group/

Argyll & Bute

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.

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

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.

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
cyp@sawamail.org.uk

Ayrshire North

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

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

Caithness

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

Caithness & Sutherland WA

0845-408-0151 Office Refuge
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/
info@caswa.org.uk

Dedicated services for children and young people
Drop-in service, call for details

Clackmannanshire Helpline 01259-721-407

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

Clackmannanshire Women's Aid
01259-721-407 Office / Refuge
www.scottishwomensaid.org.uk/
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](http://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

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

Rape and Abuse Line
PO Box 10

Dingwall
Ross-shire
01349-865-316 Office

www.caithness.org/community/healthandwelfare/rapeandabuseline.htm

Dingwall	<p>Helpline 01349-863-568</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 Dingwall Ross-shire 01349-863-568 Office</p>	<p>www.rosswa.co.uk info@rosswa.co.uk</p>
Dumbarton	<p>Helpline 01389-751-036</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p> <p>Dedicated services for children and young people</p> <p>Drop-in service, call for details</p>	<p>Dumbarton District Dumbarton 01389-751-036 Office / Refuge</p>	<p>www.womensaid.scot/find-nearest-wa-group/ Ddwa.info@ddwa.org.uk</p>
Dumfries	<p>National Line 0808-801-0302</p> <p>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.</p> <p>Cosy House - women only refuge</p>	<p>South West Rape and Sexual Abuse Centre Dumfries DG1 1HH 01387-253-113 Office</p>	<p>info@rape-crisis.org.uk www.rape-crisis.org.uk/</p>
Dundee	<p>Helpline 01382-207-099</p> <p>Hours Mon Tue Wed Fri 9.30-12.30 and 1.30-4.30 Thur 9.30-12.30 only</p> <p>support@dundeewomensaid.co.uk</p> <p>Refuge for women fleeing domestic violence. The address is not published for safety reasons.</p> <p>Resettlement and follow up support</p> <p>Dedicated services for children and young people</p>	<p>Dundee Women's Aid Dundee 01382-220-803 Office</p>	<p>www.dundeewomensaid.co.uk info@dundeewomensaid.co.uk</p>
Dundee	<p>Support line 01382-224-737</p> <p>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.</p>	<p>IZZY's Promise 1 Victoria Road Dundee DD1 1EL 01382-224-737 Office / Support</p>	<p>www.izzyspromise.org.uk</p>
Dundee	<p>Helpline 01382-201-291</p> <p>See website for helpline hours</p> <p>support@wrasac.org.uk</p> <p>We are a quality support service for women and young girls aged 13+ in the Dundee, Angus & Perthshire</p>	<p>Women's Rape and Sexual Abuse Centre PO Box 83 Dundee DD1 4YZ 01382-205-556 Office</p>	<p>www.wrasac.org.uk/ info@wrasac.org.uk</p>

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.

Dunfermline

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
Dunfermline
Fife
01383-732-289 Office

www.fifewomensaid.org.uk
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.facebook.com/Safe-Space-Dunfermline-537145869821958/

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

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

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

young people

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
Group Programme
Drop-in service, call for details.

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

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

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

admin@mwaelgin.co.uk

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

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	<p>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.</p>	<p>Open Secret 98 Thornhill Road Falkirk FK2 7AB 01324-630-100 Head office www.wellbeingscotland.org/ info@wellbeingscotland.org</p>	<p>www.opensecret.org</p>
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</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>

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

Glasgow

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 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 appoint-
ment 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.

Rape Crisis - Glasgow

5th Floor
30 Bell Street
Glasgow
G1 1LG
01415-523-201 Office
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

Lanarkshire Rape Crisis Centre
Brandon House Business Ctr
23-25 Brandon Street
Hamilton

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

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

ML3 6DA
01698-527-006 Office

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
Dedicated services for children and young people

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

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

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.invernesswa.co.uk
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

Border Women's Aid
Jedburgh
Scottish Borders
01450-218-409 Office

www.borderwomensaid.co.uk

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.

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 violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.
Drop-in Service, call for details.

East Ayrshire Women's Aid
Kilmarnock
01563-536-001 Office / Helpline
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

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

Text and email counselling
Support groups
Domestic abuse counselling

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 edwomensaid@aol.com www.womensaid.scot/find-nearest-wa-group/
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 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 01324-630-100 Office / Helpline www.opensecret.org www.wellbeingscotland.org/info@wellbeingscotland.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 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 info@womensaidorkney.org.uk www.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	Renfrewshire Women's Aid Paisley Renfrewshire 01415-617-030 Office / Refuge www.renfrewshirewomensaid.co.uk

published for safety reasons.
Resettlement and follow up support
Dedicated services for children and
young people
Drop-in Service, call for details.

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

www.womensaideml.org
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
and women and for boys aged 12 to
18. Our services are FREE and
confidential and we serve the
geographical area of Perth and
Kinross.
Face to face, phone, email support
Group work and workshops.

Rape and Sexual Abuse Centre
18 King Street
Perth
PH2 8JA
01738-626-290 Office

www.rasacpk.org.uk
info@rasacpk.org.uk

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.

Ross-shire Women's Aid
Skye & Lochalsh
Ross-shire
01478-613-365 Office

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

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

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.

Central Scotland Rape Crisis and Sexual Abuse Centre
1 Glebe Avenue
Stirling
FK8 2HZ
01786-439-244 Office / Helpline

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

Stirling

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
Unit 7
Stirling Arcade
Stirling Arcade
FK8 1AX
01324-630-100 Office / helpline
[www.wellbeingscotland.org/
info@wellbeingscotland.org](http://www.wellbeingscotland.org/info@wellbeingscotland.org)

www.opensecret.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

www.wircc.co.uk

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

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

[www.wiwasty.co.uk/
office@wiwasty.org](http://www.wiwasty.co.uk/office@wiwasty.org)

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 info@caswa.org.uk
0845-408-0151 Office Refuge
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/

Thurso

Support Line 0300-999-2017

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

The Fresh Start Foundation
23 Meadow Court
Thurso
Highland KW14 8DD
info@freshstartfoundation.co.uk
www.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 www.rosswa.co.uk
Wester Ross info@rosswa.co.uk
Ross-shire
07848-023-282 Office / Advice

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 wigwa@hotmail.co.uk
01776-703-104 Office / Refuge
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/