<table>
<thead>
<tr>
<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
</tr>
</thead>
</table>
| SCOTLAND    | 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. | Fresh Start Foundation  
   15, Mulroy Terrace  
   Roybridge  
   Inverness-shire  
   Scotland PH31 4AF  
   Admin 01444-390-270 | info@freshstartfoundation.co.uk |
| Nationwide  | 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. | Broken Rainbow UK  
   Nationwide  
   08452-605-560 Office | mail@brokenrainbow.org.uk |
| Nationwide  | 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. | Self Injury Support - Women  
   PO Box 3240  
   Bristol  
   BS2 2EF  
   01179-279-600 Office | www.selfinjurysupport.org.uk  
   info@selfinjurysupport.org.uk |
| Nationwide  | 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 | Future Pathways  
   Scotland wide  
   0808-164-2005 Office / Helpline | www.future-pathways.co.uk/ |
| Nationwide  | Helpline 0808-801-0302 Freephone  
   support@rapecrisisscotland.org.uk  
   Helpline 6pm to Midnight  
   7 days  
   If you have been raped or sexually abuse or are supporting someone else who has, you can contact us. It doesn't matter whether this happened recently or a long time ago. We offer a minicom service | Rape Crisis Scotland  
   Scotland  
   0141-331-4180 Office | www.rapecrisisscotland.org.uk  
   info@rapecrisisscotland.org.uk |
for deaf or hard of hearing people.

**Nationwide**

**Helpline 0808-020-406**

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

WomensAid.org.uk

Women’s Aid UK National Domestic Violence Helpline 0131-226-6066 Office

**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

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

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
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  
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  

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.  
Drop-in service, call for details  

South Ayrshire Women's Aid  
Ayr  
Support@sawamail.org.uk  
South Ayrshire  
Childrens and youth services  
01292-266-482 Option 2  
cyp@sawamail.org.uk  
Office and Advocacy  
www.southayrshirewomensaid.org.uk  
Children & Youth Services call  
01292-267-067  

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  
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  
**Helpline 01259-721-407**  
Helpline Mon to Fri, 9.30am - 4pm  

Clackmannanshire Women's Aid  
Clackmannanshire  

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clydebank</td>
<td><strong>Helpline 01419-528-118</strong>&lt;br&gt;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.</td>
</tr>
<tr>
<td></td>
<td>Clydebank Women's Aid&lt;br&gt;Clydebank&lt;br&gt;01419-528-118 Office / refuge&lt;br&gt;www.scottishwomensaid.org.uk&lt;br&gt;www.womensaid.scot/find-nearest-wa-group/&lt;br&gt;<a href="mailto:collective.clydebankwa@gmail.com">collective.clydebankwa@gmail.com</a></td>
</tr>
<tr>
<td>Cupar, Fife</td>
<td><strong>Helpline 0808-802-5555</strong>&lt;br&gt;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&lt;br&gt;Dedicated services for children and young people&lt;br&gt;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.</td>
</tr>
<tr>
<td></td>
<td>Fife Women's Aid&lt;br&gt;Cupar&lt;br&gt;<a href="mailto:info@fifewomensaid.org.uk">info@fifewomensaid.org.uk</a>&lt;br&gt;www.fifewomensaid.org.uk</td>
</tr>
<tr>
<td>Dalkeith</td>
<td><strong>Support Line 01316-639-827</strong>&lt;br&gt;Helpline Mon - Fri 9am - 2pm&lt;br&gt;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.</td>
</tr>
<tr>
<td></td>
<td>Women's Aid &amp; Midlothian&lt;br&gt;Dalkeith&lt;br&gt;East and Midlothian&lt;br&gt;01316-639-827 Office / Helpline&lt;br&gt;<a href="mailto:info@midlothianwomensaid.org">info@midlothianwomensaid.org</a></td>
</tr>
<tr>
<td>Dingwall</td>
<td><strong>Female volunteer 08088-000-122</strong>&lt;br&gt;<strong>Male volunteer 08088-000-122</strong>&lt;br&gt;<a href="mailto:emailsupport@rapeandabuseline.org">emailsupport@rapeandabuseline.org</a>&lt;br&gt;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&lt;br&gt;www.caithness.org/community/healthandwelfare/rapeandabuseline.htm</td>
</tr>
<tr>
<td></td>
<td>Rape and Abuse Line&lt;br&gt;PO Box 10&lt;br&gt;Dingwall&lt;br&gt;Ross-shire&lt;br&gt;01349-865-316 Office</td>
</tr>
<tr>
<td>Dingwall</td>
<td><strong>Helpline 01349-863-568</strong>&lt;br&gt;We were set up in 1980 to provide non judgemental, empowering and supportive services to women, children and young people affected by domestic violence.&lt;br&gt;Refuge: Address not published for safety reasons</td>
</tr>
<tr>
<td></td>
<td>Ross-shire Women's Aid&lt;br&gt;Dingwall&lt;br&gt;Ross-shire&lt;br&gt;01349-863-568 Office&lt;br&gt;www.rosswa.co.uk&lt;br&gt;<a href="mailto:info@rosswa.co.uk">info@rosswa.co.uk</a></td>
</tr>
</tbody>
</table>
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

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**
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.

**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

**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

**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

**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  
0131-557-637 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

**Moray Women's Aid**  
admin@mwaelgin.co.uk  
Elgin  
01343-584-549 Office / Advice  
[www.scottishwomensaid.org.uk/](http://www.scottishwomensaid.org.uk/)  
[www.womensaid.scot/find-nearest-wa-group/](http://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

**Falkirk and District Women's Aid**  
info@falkirkwomensaid.org.uk  
Falkirk  
01324-635-661 Office / Helpline  
[www.womensaid.scot/find-nearest-wa-group/](http://www.womensaid.scot/find-nearest-wa-group/)

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**  
[www.future-pathways.co.uk/](http://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**  
[www.opensecret.org](http://www.opensecret.org)

[www.wellbeingscotland.org/](http://www.wellbeingscotland.org/)  
info@wellbeingscotland.org
Fort William

**Helpline 01397-705-734**

Helpline Mon to Fri, 10am - 4pm

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

Resettlement and follow up support

Dedicated services for children and young people

Drop-in service, call for details.

Lochaber Women's Aid

Fort William

01397-705-734 Office / Refuge

[www.lochaberwomensaid.org](http://www.lochaberwomensaid.org)

lwa@lochaberwomensaid.org

---

Galashiels

**Helpline 01896-661-070**

[**support@sbrcc.org.uk**](mailto: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.

Scottish Borders Rape Crisis Support Centre

1A Wilderhaugh

Galashiels

TD1 1PW

01896-661-070 Office / Advice

Opening hours 9 - 5, Mon - Fri

[www.facebook.com/SBRCC](http://www.facebook.com/SBRCC)

---

Glasgow

**Helpline 01415-532-022 Refuge**

Helpline Mon - Fri 9.30am - 4.30pm

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

Resettlement and follow up support

Dedicated services for children and young people

Drop-in service, call for details.

Glasgow Women's Aid

01415-532-022 Office / Refuge

[admin@glasgowwomensaid.org.uk](mailto:admin@glasgowwomensaid.org.uk)

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

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

---

Glasgow

**Crisis Line 01417-733-533**

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

Dedicated services for children and young people

One to one supportive counselling

Self help support groups.

Drop-in Service, call for details.

Glasgow East Women's Aid

01417-810-230 Office / Drop in

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

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

---

Glasgow

**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

Hemat Gryffe Women's Aid

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

Glasgow

01413-530-859 Office / Helpline

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

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

[womensaid@hematgryffe.org.uk](mailto:womensaid@hematgryffe.org.uk)

---

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 of any age.

Rape Crisis - Glasgow

5th Floor

30 Bell Street

Glasgow

G1 1LG

01415-523-201 Office

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

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

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
0141-525-803 Office

Glasgow

Grampian

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

Grampian

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

Lanarkshire Rape Crisis Centre
Brandon House Business Ctr
23-25 Brandon Street
Hamilton
ML3 6DA
01698-527-006 Office

Lanarkshire

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
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

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
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

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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Helpline</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kilmarnock</td>
<td>01563-541-769</td>
<td><a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a></td>
</tr>
<tr>
<td></td>
<td></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@eastayrshirewomensaid.org.uk">info@eastayrshirewomensaid.org.uk</a></td>
</tr>
<tr>
<td>Kirkcaldy</td>
<td>01592-642-336</td>
<td><a href="http://www.frasac.org.uk/">www.frasac.org.uk/</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:info@frasac.org.uk">info@frasac.org.uk</a></td>
</tr>
<tr>
<td>Kirkcaldy</td>
<td>01592-642-336</td>
<td><a href="http://www.kasp.org.uk/">www.kasp.org.uk/</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:info@kasp.org.uk">info@kasp.org.uk</a></td>
</tr>
<tr>
<td>Kirkintilloch</td>
<td>01417-760-864</td>
<td><a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></td>
</tr>
<tr>
<td>East Dunbartonshire</td>
<td>01417-760-864</td>
<td><a href="http://www.edwa.org.uk/">www.edwa.org.uk/</a></td>
</tr>
<tr>
<td>Livingston</td>
<td>01324-630-100</td>
<td><a href="http://www.opensecret.org/">www.opensecret.org/</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="http://www.wellbeingscotland.org/">www.wellbeingscotland.org/</a></td>
</tr>
</tbody>
</table>

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.
Rape Counselling & Resource Centre
Kilmarnock PO Box 23 KA1 1DP
01563-544-686 Office
rcrc1@btconnect.com

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

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/

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.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  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  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  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  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  info@midlothianwomensaid.org

Perth  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  info@rasacpk.org.uk

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.

### 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

**Perthshire Support line 01738-639-043**

Perthshire Women’s Aid

[www.perthwomensaid.org.uk](http://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/](http://www.scottishwomensaid.org.uk/)
[www.womensaid.scot/find-nearest-wa-group/](http://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
01478-613-365 Office

[www.rosswa.co.uk](http://www.rosswa.co.uk)
[info@rosswa.co.uk](mailto: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 & Clackmannan-shire. 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


### Stirling

**Helpline 01324-630-100**

Open Secret works with survivors of childhood sexual abuse and

**Open Secret**

Unit 7
Stirling Arcade

[www.opensecret.org](http://www.opensecret.org)
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.
<table>
<thead>
<tr>
<th>Region</th>
<th>Helpline</th>
<th>Organization</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wester Ross</td>
<td>07848-023-282</td>
<td>Ross-shire Women's Aid</td>
<td>Ross-shire Women's Aid  website: <a href="http://www.rosswa.co.uk">www.rosswa.co.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wester Ross</td>
<td><a href="mailto:info@rosswa.co.uk">info@rosswa.co.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ross-shire</td>
<td>07848-023-282 Office / Advice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wigtownshire</td>
<td>01776-703-104</td>
<td>Wigtownshire Women's Aid</td>
<td>Wigtownshire Women's Aid  website: <a href="mailto:wigwa@hotmail.co.uk">wigwa@hotmail.co.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wigtownshire</td>
<td><a href="mailto:wigwa@hotmail.co.uk">wigwa@hotmail.co.uk</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>01776-703-104 Office / Refuge</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></td>
</tr>
</tbody>
</table>

Wester Ross
We were set up in 1980 to provide non-judgmental, 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.

Wigtownshire
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.