

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 Nationwide Admin 01444-390-270 info@freshstartfoundation.co.uk</p>	<p>www.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 0800-121-6027 We bring together specialist organisations working in the field of abuse. Counselling and advocacy Women's and men's support groups</p>	<p>IN Care Survivors Scotland wide 01324-630-100 Office.</p>	<p>www.incaresurvivors.org.uk janine@incaresurvivors.org.uk</p>
Nationwide	<p>Helpline 08088-010-302 Freephone Helpline 6pm to Midnight 7 days If you have been raped or sexually abuse or are supporting someone else who has, you can contact us. It doesn't matter whether this happened recently or a long time</p>	<p>Rape Crisis Scotland Scotland 0141-331-4180 Office</p>	<p>www.rapecrisisscotland.org.uk info@rapecrisisscotland.org.uk</p>

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	eileen@health-in-mind.org.uk
Nationwide	Helpline 0808-2000-247 helpline@womensaid.org.uk	Women's Aid UK National Domestic Violence Helpline 0808-2000-247 Office / Helpline	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 www.womensaid.scot/find-nearest-swa-group/	
Aberdeen	Helpline 01224-591-1342 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	www.rasane.org.uk/info@rasane.org.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-swa-group/	
Alloa	Helpline 01259-729-981 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	Open Secret 14 Bank Street Alloa FK10 1HR 01259-729981 Office / Support	www.opensecret.org/janine@opensecret.org

projects in West Lothian, Fife and Lanarkshire.

Arbroath	<p>Helpline 01241-439-457 Helpline Mon to Wed 10am - 7pm Thurs & Fri 9.30am - 5pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning. Drop-in service, call for details</p>	<p>Angus Women's Aid Arbroath 01241-439-437 Office / Helpline info@anguswomensaid.co.uk www.womensaid.scot/find-nearest-swa-group/</p>
Argyll & Bute	<p>Helpline 08702-413-548 Helpline Mon to Fri, office hours Outside office hours answerphone Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people.</p>	<p>Argyll & Bute Women's Aid Argyll & Bute 01369-706-636 Office / Refuge www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-swa-group/</p>
Ayr	<p>Helpline 01292-266-482 Option 1 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.</p>	<p>South Ayrshire Women's Aid Ayr South Ayrshire 01292-266-482 Option 2 Office and Advocacy www.southayrshirewomensaid.org.uk Support@sawamail.org.uk Childrens and youth services cyp@sawamail.org.uk</p>
Ayrshire North	<p>Helpline 01294-602-424 Refuge Helpline Mon to Fri, 9am - 4pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people</p>	<p>North Ayrshire Women's Aid 01294-466-825 Office www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-swa-group/</p>
Caithness	<p>Helpline 0845-408-0151 Helpline Mon to Fri, 9am - 5pm Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and</p>	<p>Caithness & Sutherland WA 0845-408-0151 Office Refuge www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-swa-group/ info@caswa.org.uk</p>

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-swa-group/
womensaid@clacks.fslife.co.uk

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-swa-group/
collective@clydebankwa.org

Cupar

Fife

Helpline 08088-025-555

We have 44 refuge spaces in various locations across Fife. Our refuge is for women both single and with children who are fleeing domestic violence.
Counselling services available
Dedicated services for children and young people
IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.
Group support - Cupar, St Andrews and Dunfermline.

Fife Women's Aid
Cupar
Fife
01383-732-289 Office
www.womensaid.scot/find-nearest-swa-group/
www.fifewomensaid.org.uk
info@fifewomensaid.org.uk

Dalkeith

Support Line 01315-615-800

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
www.womensaid.scot/find-nearest-swa-group/
www.womensaideml.org
info@midlothianwomensaid.org

Dingwall

Female volunteer 08088-000-123

Male volunteer 08088-000-122

emailsupport@rapeandabuseline.org

We are a registered charity aiming to support survivors of rape and sexual abuse, however long ago their experiences were. Our website is currently being redeveloped so please call for more information

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

Rape and Abuse Line
PO Box 10

Dingwall
Ross-shire
01349-865-316 Office

Dingwall

Helpline 01349-863-568

Ross-shire Women's Aid
www.rosswa.co.uk

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

Dingwall
Ross-shire
01349-863-568 Office

info@rosswa.co.uk

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

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-swa-group/

Dumfries

Helpline 01776-889-331 Mobile no

We provide confidential counselling, support, information and advocacy to all survivors male and female of sexual violence in Dumfries and Galloway. This may be childhood sexual abuse, rape as an adult, sexual assault and a range of other issues.

Cosy House - women only refuge

South West Rape and Sexual Abuse Centre
Dumfries
DG1 1HH

01387-253-113 Office

www.rape-crisis.org.uk/

swrcandsac@btconnect.com

Dundee

Helpline 01382-207-009

Hours Mon Tue Wed Fri 9.30-12.30 and 1.30-4.30 Thur 9.30-12.30 only
support@dundeewomensaid.co.uk

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
josephlumbasi@aol.com

Dundee

Helpline 01382-201-291

See website for helpline hours
support@wrasacdundee.org

We are a quality support service for women and young girls aged 13+ in the Dundee, Angus & Perthshire area. Supporting those who have

Women's Rape and Sexual Abuse Centre
PO Box 83
Dundee
DD1 4YZ
01382-205-556 Office

www.wrasac.org.uk/
wrasac@btconnect.com

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 08088-025-555

We have 44 refuge spaces in various locations across Fife. Our refuge is for women both single and with children who are fleeing domestic violence.

Counselling services available

Dedicated services for children and young people

IDVA: IDVA's work with women by offering support before, during and after the court process. They can accompany you to hearings and legal appointments and offer practical advice and planning.

Group support - Cupar, St Andrews and Dunfermline.

Fife Women's Aid
Dunfermline
Fife
01383-732-289 Office

www.fifewomensaid.org.uk
info@fifewomensaid.org.uk

Dunfermline

Safe Space offers FREE and confidential support for people who have experienced sexual abuse from the age of 12 years upwards. We offer counselling, group work, outreach and training.
Office hours: Monday to Thursday 10am to 4pm. Friday Closed
Contact 01383-739-084 for further details.

SAFE SPACE
Ling House
29B Canmore Street
Dunfermline
Fife
KY12 7NU
01383-739-084 Office

www.safe-space.co.uk
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 01698-891-498

Helpline available 24 Hours

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

Resettlement and follow up support

Dedicated services for children and young people

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

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

Edinburgh	<p>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.</p>	<p>Edinburgh Women's Aid Edinburgh 01313-158-111 Office</p>	<p>www.edinwomensaid.co.uk info@edinwomensaid.co.uk</p>
Edinburgh	<p>Helpline 01315-569-437 support@ewrasac.org.uk 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 www.edinburgh.cylex-uk.co.uk/company/edinburgh-womens-rape---sexual-abuse-centre-16968763.html</p>	<p>Edinburgh Women's Rape and Sexual Abuse Centre 1 Leopold Place Edinburgh EH7 5JW 01315-576-737 Office</p>	<p>www.ercc.scot/ info@ewrasac.org.uk</p>
Elgin	<p>Helpline 01343-548-549 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</p>	<p>Moray Women's Aid Elgin 01343-548-565 Office / Refuge www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-swa-group/</p>	<p>admin@mwaelgin.co.uk</p>
Falkirk	<p>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.</p>	<p>Falkirk and District Women's Aid Falkirk 01324-635-661 Office / Helpline www.womensaid.scot/find-nearest-swa-group/</p>	<p>info@fdwa.org.uk</p>
Falkirk	<p>Helpline 0800-121-6027 We bring together specialist organisations working in the field of abuse. Counselling and advocacy Women's and men's support groups</p>	<p>IN Care Survivors 98 Thornhill Road Falkirk FK2 7AB 01324-630-100 Office</p>	<p>www.incaresurvivors.org.uk janine@incaresurvivors.org.uk</p>

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</p>	<p>www.opensecret.org janine@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 08088-010-302 Freephone support@sbrcc.org.uk Mobile number: 07584-149-390 We provide confidential emotional and practical support and information to women and girls aged 12 and over who have experienced rape or sexual violence at any time in their lives.</p>	<p>Scottish Borders Rape Crisis Centre 1A Wilderhaugh Galashiels TD1 1PW 01896-661-070 Office Opening hours 9 - 5, Mon - Fri</p>	<p>info@sbrcc.org.uk</p>
Glasgow	<p>Helpline 01419-440-201 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Dedicated services for children and young people Drop-in service, call for details</p>	<p>Drumchapel Women's Aid Glasgow 01419-440-201 Office / Refuge</p>	<p>www.womensaid.scot/find-nearest-swa-group/</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-swa-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 collective@gewa.org.uk</p>

Glasgow	<p>Helpline 01413-530-859</p> <p>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.</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>Hemat Gryffe Women's Aid Glasgow 01413-530-859 Office / Helpline www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-swa-group/</p>
Glasgow	<p>Helpline 08088-00-00-14</p> <p>Email support is available</p> <p>Helpline Mon - Sun 11am - 2pm Mon - Thurs 5.30pm - 7.30pm</p> <p>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.</p> <p>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</p> <p>We also have a range of information booklets all of which are FREE to women who have survived sexual violence, their partners and their supporters.</p>	<p>Rape Crisis - Glasgow 5th Floor 30 Bell Street Glasgow G1 1LG 01415-524-244 Office/ textphone support@rapecrisiscentre-glasgow.co.uk www.rapecrisiscentre-glasgow.co.uk</p>
Glasgow	<p>SAY women is a voluntary organisation which offers safe, supported accommodation and related services for young women aged 16 to 25 years who are survivors of childhood sexual abuse, rape or sexual assault and are homeless or threatened with homelessness.</p>	<p>SAY Women 30 Bell Street 3rd Floor Glasgow G1 1LG 01415-525-803 Office www.say-women.co.uk enquiries@say-women.co.uk</p>
Grampian Region	<p>Helpline 01224-593-381</p> <p>Helpline mon-Fri 9.30am -12.30pm and Mon - Fri 1.30pm - 4.30pm</p> <p>Refuge for women fleeing domestic violence. The address is not</p>	<p>Grampian Women's Aid Grampian 01224-593-381 Office / Helpline www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-swa-group/</p>

published for safety reasons.
Resettlement and follow up support

Hamilton	Helpline 01698-527-003 Helpline Mon & Wed 1pm - 3.30pm Tues & Thurs 6pm - 8.30pm Fridays 10.30am - 1pm We offer emotional and practical support to women and girls over the age of 12 years old in relation to issues arising from all forms of sexual violence including rape, sexual assault and childhood sexual abuse no matter when it happened. We are women working with women to end violence and abuse. We can offer face to face support Resources and information	Lanarkshire Rape Crisis Centre Brandon House Business Ctr 23-25 Brandon Street Hamilton ML3 6DA 01698-527-006 Office	www.lanrcc.org.uk info@lanrcc.org.uk
Hamilton	Helpline 01698-891-498 Helpline available 24 Hours Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people	Women's Aid South Lanarkshire Hamilton 01698-891-498 Office / Helpline	www.wasl.org.uk info@wasl.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	01475-888-505 Domestic Abuse 01475-888-110 Sexual Abuse 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-swa-group/	invwa@yahoo.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 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 01835-863-514 Office	www.borderwomensaid.co.uk
Kilmarnock	Helpline 01563-559-558 We are a confidential service for survivors aged 16+ of childhood sexual abuse. Drop in service One to one support Support groups - Separate groups for males and females.	Break the Silence 11 Grange Place Kilmarnock KA1 2AB 01563-559-558 Office / Helpline	www.breakthesilence.org.uk
Kilmarnock	Helpline 01563-536-001 Refuge 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 01290-423-434 Office / Drop in www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-swa-group/	
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/pg/RCRC-Kilmarnock-669723869757798/posts/	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	<p>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 www.havoca.org/placemarks/kingdom-abuse-survivors-project-kasp/</p>	<p>KASP 182A The Esplanade Kirkcaldy Fife KY1 1RE 01592-644-217 Office</p>	info@kasp.org.uk
Kirkintilloch East Dumbartonshire	<p>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.</p>	<p>East Dunbartonshire Women's Aid Kirkintilloch East Dunbartonshire 01417-760-864 Office / Helpline</p>	www.edwa.org.uk edwomensaid@aol.com
Livingston	<p>Helpline 01506-281-984 Open Secret works with survivors of childhood sexual abuse and trauma of all ages. We offer counselling, advocacy, befriending, Group support, art therapy and therapeutic play therapy. We have a specialist service offering EMDR and EFT. We have offices in Falkirk, Stirling, Clackmannanshire and projects in West Lothian, Fife and Lanarkshire.</p>	<p>Open Secret Domestic Abuse Centre Civic Centre Howden south Road Livingston EG54 6FF 01506-281-984 Office / Helpline</p>	www.opensecret.org janine@opensecret.org
Livingston	<p>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.</p>	<p>West Lothian Women's Aid Livingston West Lothian 01506-461-938 Office</p>	www.wlwa.org.uk info@wlwa.org.uk
Motherwell	<p>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.</p>	<p>Motherwell & District Women's Aid Motherwell 01698-322-020 Office / Refuge www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-swa-group/</p>	info@mdwa.org.uk
Orkney	<p>Helpline 01856-877-900 Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support</p>	<p>Women's Aid Orkney Orkney Islands 01856-877-900 Office / Helpline www.womensaidorkney.org.uk/</p>	info@womensaidorkney.org.uk

Dedicated services for children and young people

Paisley	Helpline 0800-025-7603 We are a FREE and confidential service run by women for women. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support Dedicated services for children and young people Drop-in Service, call for details.	Renfrewshire Women's Aid Paisley Renfrewshire 0800-025-7603 Office / Refuge www.renfrewshirewomensaid.co.uk info@renfrewshirewomensaid.co.uk
Penicuik	Support Line 01315-615-800 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 01738-630956 rasacpk@gmail.com 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 01738-626290 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 01738-639-043 Office / Support 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	Shetland Women's Aid Shetland Islands 01595-692-070 Office / Refuge shetland_womens_aid@hotmail.com www.scottishwomensaid.org.uk/ www.womensaid.scot/find-nearest-swa-group/

Dedicated services for children and young people

Skye & Lochalsh	Helpline 01349-863-568 We were set up in 1980 to provide non judgemental, empowering and supportive services to women, children and young people affected by domestic violence. Refuge: Address not published for safety reasons Resettlement and follow up support Dedicated services for children and young people Drop-in service, call for details of the location and the opening times	Ross-shire Women's Aid Skye & Lochalsh Ross-shire 01478-613-365 Office	www.rosswa.co.uk info@rosswa.co.uk
Stirling	Helpline 01786-471-771 We provide a FREE and confidential service, which works towards the elimination of the effects of rape, sexual assault and child sexual abuse. Our services are available to women, men and young people over the age of 13. We work throughout Falkirk, Stirling & Clackmannanshire. Please see our website for more details or call 01786-471-771 to speak to one of our trained workers. www.rapecrisscotland.org.uk/help-information/local-rape-crisis-centres/	Central Scotland Rape Crisis and Sexual Abuse Centre 1 Glebe Avenue Stirling FK8 2HZ 01786-471-771 Office / Helpline	
Stirling	Helpline 01786-448-504 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 01786-448-504 Office / helpline	www.opensecret.org janine@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	Western Isles Womens'a Aid Stornoway	www.wiwasty.co.uk wiwasty@hotmail.com

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

Isle of Lewis

01851-704-750 Office helpline

Sutherland

Helpline 0845-408-0151

Helpline Mon to Fri, 9am - 5pm

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

Resettlement and follow up support
Dedicated services for children and young people

Drop-in service, call for details

Caithness & Sutherland WA

0845-408-0151 Office Refuge

www.scottishwomensaid.org.uk/

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

info@caswa.org.uk

Thurso

Support Line 0300-999-2017

The Fresh Start Foundation is a Scottish not for profit group, helping child sexual abuse victims and survivors to achieve Truth and Justice and to support their recovery.

Our aim is to provide a break with the past and promote the eradication of child sexual abuse.

We champion the values of Truth and Justice and believe sunlight, coupled with self love is the best healer. For more details about

The Fresh Start Foundation please see our website.

The Fresh Start Foundation

23 Meadow Court

Thurso

Highland KW14 8DD

Admin 01847-539-317

www.freshstartfoundation.co.uk/

info@freshstartfoundation.co.uk

Wester Ross

Helpline 01349-863-568

We were set up in 1980 to provide non judgemental, empowering and supportive services to women, children and young people affected by domestic violence.

Refuge: Address not published for safety reasons

Resettlement and follow up support
Dedicated services for children and young people

Drop-in service, call for details of the location and the opening times

Ross-shire Women's Aid

Wester Ross

Ross-shire

07848-023-282 Office

www.rosswa.co.uk

info@rosswa.co.uk

Wigtownshire

Helpline 01776-703-104

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

Resettlement and follow up support
Dedicated services for children and young people

Drop-in service, call for details.

Wigtownshire Women's Aid

01776-703-104 Office / Refuge

www.scottishwomensaid.org.uk/

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