<table>
<thead>
<tr>
<th>AREA COVERED</th>
<th>SERVICES INCLUDED</th>
<th>GROUP OR ORGANIZATION</th>
<th>WEB ADDRESS / EMAIL ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>SCOTLAND</td>
<td>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 &amp; Justice along with support.</td>
<td>Fresh Start Foundation Nationwide Admin 01444-390-270</td>
<td><a href="http://www.freshstartfoundation.co.uk/">www.freshstartfoundation.co.uk/</a> <a href="mailto:info@freshstartfoundation.co.uk">info@freshstartfoundation.co.uk</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td>Helpline 0300-999-5428 <a href="mailto:Help@brokenrainbow.org.uk">Help@brokenrainbow.org.uk</a> Helpline Mon &amp; 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.</td>
<td>Broken Rainbow UK Nationwide 08452-605-560 Office</td>
<td><a href="http://www.brokenrainbow.org.uk">www.brokenrainbow.org.uk</a> <a href="mailto:mail@brokenrainbow.org.uk">mail@brokenrainbow.org.uk</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td>CASS Women’s Self Injury Helpline 0808-808-8088 Tues &amp; 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.</td>
<td>Self Injury Support - Women PO Box 3240 Bristol BS2 2EF 01179-279-600 Office</td>
<td><a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a> <a href="mailto:info@selfinjurysupport.org.uk">info@selfinjurysupport.org.uk</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td>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</td>
<td>IN Care Survivors Scotland wide 01324-630-100 Office.</td>
<td><a href="http://www.future-pathways.co.uk/">www.future-pathways.co.uk/</a> <a href="mailto:janine@incaresurvivors.org.uk">janine@incaresurvivors.org.uk</a></td>
</tr>
<tr>
<td>Nationwide</td>
<td>Helpline 0808-010-302 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</td>
<td>Rape Crisis Scotland Scotland 0141-331-4180 Office</td>
<td><a href="http://www.rapecrisisscotland.org.uk">www.rapecrisisscotland.org.uk</a> <a href="mailto:info@rapecrisisscotland.org.uk">info@rapecrisisscotland.org.uk</a></td>
</tr>
</tbody>
</table>
We offer a minicom service for deaf or hard of hearing people.

**Nationwide**

<table>
<thead>
<tr>
<th>Helpline 0808-020-406</th>
<th>Trauma Counselling Line</th>
<th><a href="mailto:eileen@health-in-mind.org.uk">eileen@health-in-mind.org.uk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calls are FREE from landlines and FREE from most networks</td>
<td>Nationwide</td>
<td>Scotland</td>
</tr>
<tr>
<td>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.</td>
<td>0808-020-406 Office / Helpline</td>
<td><a href="http://www.scottishwomensrightscentre.org.uk/abuse-violence-victim-support/">www.scottishwomensrightscentre.org.uk/abuse-violence-victim-support/</a></td>
</tr>
</tbody>
</table>

**Nationwide**

<table>
<thead>
<tr>
<th>Helpline 0808-2000-247</th>
<th>Women's Aid UK</th>
<th><a href="http://www.womensaid.scot/">www.womensaid.scot/</a></th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="mailto:helpline@womensaid.org.uk">helpline@womensaid.org.uk</a></td>
<td>National Domestic Violence</td>
<td><a href="mailto:info@womensaid.org.uk">info@womensaid.org.uk</a></td>
</tr>
<tr>
<td>0808-2000-247 Office / Helpline</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Aberdeen**

<table>
<thead>
<tr>
<th>Helpline 01224-593-381</th>
<th>Grampian Women's Aid</th>
<th><a href="http://www.womensaid.scot/">www.womensaid.scot/</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Helpline mon-Fri 9.30am -12.30pm and Mon - Fri 1.30pm - 4.30pm</td>
<td>Aberdeen</td>
<td>01224-593-381 Office / Helpline</td>
</tr>
<tr>
<td>Grapeseed office and temporary accommodation to domestic abuse, the address is not published for safety reasons.</td>
<td></td>
<td><a href="http://www.womensaid.scot/">www.womensaid.scot/</a></td>
</tr>
<tr>
<td>Refugiance and support to survivors over 13 years of age</td>
<td><a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></td>
<td></td>
</tr>
</tbody>
</table>

**Aberdeen**

<table>
<thead>
<tr>
<th>Helpline 01224-591-1342</th>
<th>Rape and Abuse Support (RAS)</th>
<th><a href="http://www.rasane.org.uk">www.rasane.org.uk</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>112 Crown Street</td>
<td><a href="mailto:info@rasane.org.uk">info@rasane.org.uk</a></td>
<td></td>
</tr>
<tr>
<td>Aberdeen</td>
<td>01224-590-932 Office</td>
<td></td>
</tr>
</tbody>
</table>

**Airdrie**

<table>
<thead>
<tr>
<th>Helpline 01236-432-061</th>
<th>Monklands Women's Aid</th>
<th><a href="http://www.opensecret.org">www.opensecret.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Helpline 24 hours 7 days a week</td>
<td>Airdrie</td>
<td><a href="mailto:janine@opensecret.org">janine@opensecret.org</a></td>
</tr>
<tr>
<td>We provide confidential services and temporary accommodation to domestic abuse, our address is not published for safety reasons.</td>
<td>01236-432-061 Office / Refuge</td>
<td><a href="http://www.facebook.com/MWACoatbridgeairdrie/">www.facebook.com/MWACoatbridgeairdrie/</a></td>
</tr>
<tr>
<td><a href="http://www.monklandswomensaid.org.uk">www.monklandswomensaid.org.uk</a></td>
<td><a href="mailto:info@monklandswomensaid.org.uk">info@monklandswomensaid.org.uk</a></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.womensaid.scot/find-nearest-wa-group/">www.womensaid.scot/find-nearest-wa-group/</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Alloa**

<table>
<thead>
<tr>
<th>Helpline 01259-729-981</th>
<th>Open Secret</th>
<th><a href="http://www.opensecret.org">www.opensecret.org</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>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</td>
<td>14 Bank Street</td>
<td><a href="mailto:janine@opensecret.org">janine@opensecret.org</a></td>
</tr>
<tr>
<td>Alloa</td>
<td>FK10 1HR</td>
<td>01259-729981 Office / Support</td>
</tr>
</tbody>
</table>

| | | |
| | | |
Arbroath
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
Angus Women's Aid
info@anguswomensaid.co.uk

Argyll & Bute
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
Argyll & Bute Women's Aid
01369-706-636 Office / Refuge
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/

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
Support@sawamail.org.uk
01292-266-482 Option 2
cyp@sawmail.org.uk
www.southayrshirewomensaid.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
01294-466-825 Office
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/

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
Caithness & Sutherland WA
info@caswa.org.uk
0845-408-0151 Office Refuge
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/
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
ownensaid@clacks.fslife.co.uk
01259-721-407 Office / Refuge
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/

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
Clydebank Women’s Aid
collective@clydebankwa.org
01419-528-118 Office / refuge
www.scottishwomensaid.org.uk/
www.womensaid.scot/find-nearest-wa-group/

Cupar 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
www.fifewomensaid.org.uk
info@fifewomensaid.org.uk
01383-732-289 Office

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
www.womensaideml.org
info@midlothianwomensaid.org
01316-639-827 Office

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
Rape and Abuse Line
PO Box 10
Dingwall
www.caithness.org/community/healthandwelfare/rapeandabuseline.htm

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

Dundee

**Helpline 01382-207-009**
Hours Mon Tue Wed Fri 9.30-12.30 and 1.30-4.30 Thu 9.30-12.30 only
Refuge for women fleeing domestic violence. The address is not published for safety reasons.
Resettlement and follow up support
Dedicated services for children and young people

**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.

**Helpline 01382-201-291**
See website for helpline hours
We are a quality support service for women and young girls aged 13+ in the Dundee, Angus & Perthshire area. Supporting those who have

Dundee Women's Aid
www.dundeewomensaid.co.uk
info@dundeewomensaid.co.uk
01382-220-803 Office

IZZY's Promise
www.izzyspromise.org.uk
josephlumbasi@aol.com
01382-224-737 Office / Support

Women's Rape and Sexual Abuse Centre
www.wrasac.org.uk/
wrasac@btconnect.com
01382-205-556 Office
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

**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

**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](http://www.rapecrisiscentre-argyll-bute.org.uk)

**East Kilbride**

**Helpline 01698-891-498**

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](http://www.wasl.org.uk)

**Website Maintainance Sept 2018**
| Location | Helpline | Edinburgh Women's Aid | www.edinwomensaid.co.uk | Edinburgh Helpline | www.ercc.scot/ | Edinburgh Women's Rape and Sexual Abuse Centre | info@ewrasac.org.uk | Edinburgh info@edinwomensaid.co.uk | Edinburgh Women's Aid | www.edinwomensaid.co.uk | Edinburgh Helpline | www.ercc.scot/ | Edinburgh Women's Rape and Sexual Abuse Centre | info@ewrasac.org.uk | Edinburgh info@edinwomensaid.co.uk |
|----------|----------|----------------------|-------------------------|------------------|------------------|-----------------------------------------------|------------------------| Edinburgh info@edinwomensaid.co.uk |
| Edinburgh | 01313-158-110 | Edinburgh Women's Aid | www.edinwomensaid.co.uk | Edinburgh Helpline | www.ercc.scot/ | Edinburgh Women's Rape and Sexual Abuse Centre | info@ewrasac.org.uk | Edinburgh info@edinwomensaid.co.uk |
| Edinburgh | 01315-569-437 | Edinburgh Women's Aid | www.edinwomensaid.co.uk | Edinburgh Helpline | www.ercc.scot/ | Edinburgh Women's Rape and Sexual Abuse Centre | info@ewrasac.org.uk | Edinburgh info@edinwomensaid.co.uk |
| Edinburgh | 01315-576-737 | Edinburgh Women's Aid | www.edinwomensaid.co.uk | Edinburgh Helpline | www.ercc.scot/ | Edinburgh Women's Rape and Sexual Abuse Centre | info@ewrasac.org.uk | Edinburgh info@edinwomensaid.co.uk |
| Edinburgh | 01324-630-100 | IN Care Survivors | www.future-pathways.co.uk/ | Falkirk Helpline | www.future-pathways.co.uk/ | Falkirk and District Women's Aid | info@fdwa.org.uk | Falkirk info@fdwa.org.uk | Falkirk and District Women's Aid | info@fdwa.org.uk | Falkirk Helpline | www.future-pathways.co.uk/ | Falkirk info@fdwa.org.uk | Falkirk info@fdwa.org.uk |
| Falkirk | 01324-635-661 | Falkirk and District Women's Aid | info@fdwa.org.uk | Falkirk Helpline | www.future-pathways.co.uk/ | Falkirk and District Women's Aid | info@fdwa.org.uk | Falkirk info@fdwa.org.uk | Falkirk and District Women's Aid | info@fdwa.org.uk | Falkirk Helpline | www.future-pathways.co.uk/ | Falkirk info@fdwa.org.uk | Falkirk info@fdwa.org.uk |

**Edinburgh**

- **Helpline 01313-158-110**
- Mon, Tue, Wed, Fri 10am - 3pm
- Thurs 10am - 7pm, Sat 10am -1pm
- Crisis Counselling
- Refuge for women fleeing domestic violence. The address is not published for safety reasons.
- Resettlement and follow up support
- Dedicated services for children and young people
- Group Programme
- Drop-in service, call for details.

**Edinburgh**

- **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

**Elgin**

- **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.

**Falkirk**

- **Helpline 01324-635-661**
- Refuge for women fleeing domestic violence. The address is not published for safety reasons.
- Dedicated services for children and young people
- Drop-in service, call for details.

**Falkirk**

- **Helpline 0800-121-6027**
- We bring together specialist organisations working in the field of abuse.
- Counselling and advocacy
- Women's and men's support groups
- 98 Thornhill Road
- Falkirk
- FK2 7AB
- 01324-630-100 Office
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.

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.

Galashiels  
**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.

Glasgow  
**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.

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  
**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

**Hemat Gryffe Women's Aid**  
www.hematgryffe.org.uk

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

**Rape Crisis - Glasgow**  
www.rapecrisiscentre-glasgow.co.uk

Sinces 1076 we have been providing FREE and confidential support tp women and girls who have been sexually assaulted, raped or sexually abuse no matter when this occurred in their lives. We will support women whether or not they have reported the incident to the police.

We are based in Glasgow but we offer services to women in Renfrewshire, East Dunbartonshire, West Dunbartonshire and we work in partnership with service providers in Inverclyde. We offer face to face support and a drop-in service open on Weds 10.30am-3.30pm and again at 5.30pm - 7pm no 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.

**SAY women**  
www.say-women.co.uk

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.

Grampian

**Grampian Women's Aid**  
www.scottishwomensaid.org.uk/

Grampian

**SAY Women**  
www.say-women.co.uk

SAY Women

30 Bell Street

Glasgow G1 1LG

0141-525-803 Office

enquiries@say-women.co.uk
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  
[www.lanrcc.org.uk](http://www.lanrcc.org.uk)  
Brandon House Business Ctr  
[info@lanrcc.org.uk](mailto:info@lanrcc.org.uk)  
23-25 Brandon Street  
Hamilton  
ML3 6DA  
01698-527-006 Office

**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  
[www.wasl.org.uk](http://www.wasl.org.uk)  
[info@wasl.org.uk](mailto:info@wasl.org.uk)  
01698-891-498 Office / Helpline

**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  
[www.ellel.org](http://www.ellel.org)  
[info.scotland@ellelministries.org](mailto:info.scotland@ellelministries.org)  
Blairmore House  
Glass  
Huntly  
Aberdeen AB54 4XH  
01466-799-102 Office / Advice

**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  
[invwa@yahoo.co.uk](mailto:invwa@yahoo.co.uk)  
Inverclyde  
01475-781-689 Office / Refuge  
[www.womensaid.scot/find-nearest-wa-group/](http://www.womensaid.scot/find-nearest-wa-group/)

**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  
[www.invernesswa.co.uk](http://www.invernesswa.co.uk)  
Inverness  
[info@invernesswa.co.uk](mailto:info@invernesswa.co.uk)  
01463-220-719 Office / Refuge
<table>
<thead>
<tr>
<th>Location</th>
<th>Helpline</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Jedburgh</strong></td>
<td><strong>0800-027-1234</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Scottish Borders</strong></td>
<td><strong>Border Women’s Aid 01835-863-514</strong></td>
<td>Website: <a href="http://www.borderwomensaid.co.uk">www.borderwomensaid.co.uk</a></td>
</tr>
<tr>
<td><strong>Kilmarnock</strong></td>
<td><strong>01563-559-558</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Kilmarnock</strong></td>
<td><strong>01563-536-001</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Kilmarnock</strong></td>
<td><strong>01563-541-769</strong></td>
<td>East Ayrshire Women’s Aid Kilmarnock 01290-423-434 Office / Drop in</td>
</tr>
<tr>
<td><strong>Kirkcaldy</strong></td>
<td><strong>01592-642-336</strong></td>
<td>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 &amp; advocacy.</td>
</tr>
<tr>
<td><strong>Kirkcaldy</strong></td>
<td><strong>182a The Esplanade</strong></td>
<td>Fife Rape &amp; Sexual Assault Centre Kirkcaldy KY1 1RE</td>
</tr>
<tr>
<td>Location</td>
<td>Contact Information</td>
<td>Services Offered</td>
</tr>
<tr>
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<tr>
<td>Kirkcaldy</td>
<td>KASP, <a href="mailto:info@kasp.org.uk">info@kasp.org.uk</a></td>
<td>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. <a href="http://www.havoca.org/placemarks/kingdom-abuse-survivors-project-kasp/">www.havoca.org/placemarks/kingdom-abuse-survivors-project-kasp/</a></td>
</tr>
<tr>
<td>Livingston</td>
<td>Open Secret, <a href="mailto:janine@opensecret.org">janine@opensecret.org</a></td>
<td>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.</td>
</tr>
<tr>
<td>Livingston</td>
<td>West Lothian Women's Aid, <a href="mailto:info@wlwa.org.uk">info@wlwa.org.uk</a></td>
<td>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.</td>
</tr>
<tr>
<td>Motherwell</td>
<td>Motherwell &amp; District Women's Aid, <a href="mailto:info@mdwa.org.uk">info@mdwa.org.uk</a></td>
<td>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.</td>
</tr>
<tr>
<td>Orkney</td>
<td>Women's Aid Orkney, <a href="mailto:info@womensaidorkney.org.uk">info@womensaidorkney.org.uk</a></td>
<td>Helpline 01856-877-900. Refuge for women fleeing domestic violence. The address is not published for safety reasons. Resettlement and follow up support.</td>
</tr>
<tr>
<td>Location</td>
<td>Contact Information</td>
<td>Details</td>
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<tr>
<td><strong>Paisley</strong></td>
<td><strong>Helpline 0800-025-7603</strong>&lt;br&gt;Renfrewshire Women's Aid&lt;br&gt;Paisley&lt;br&gt;0800-025-7603 Office / Refuge&lt;br&gt;www.renfrewshirewomensaid.co.uk&lt;br&gt;<a href="mailto:info@renfrewshirewomensaid.co.uk">info@renfrewshirewomensaid.co.uk</a></td>
<td>Dedicated services for children and young people&lt;br&gt;We are a FREE and confidential service run by women for women.&lt;br&gt;Refuge for women fleeing domestic violence. The address is not published for safety reasons.&lt;br&gt;Resettlement and follow up support&lt;br&gt;Dedicated services for children and young people&lt;br&gt;Drop-in Service, call for details.</td>
</tr>
<tr>
<td><strong>Penicuik</strong></td>
<td><strong>Support Line 01315-615-800</strong>&lt;br&gt;Women's Aid East &amp; Midlothian&lt;br&gt;Penicuik&lt;br&gt;01968-670-970 Office</td>
<td><strong><a href="mailto:info@midlothianwomensaid.org">info@midlothianwomensaid.org</a></strong>&lt;br&gt;Refuge for women fleeing domestic violence. The address is not published for safety reasons.&lt;br&gt;Resettlement and follow up support&lt;br&gt;Dedicated services for children and young people&lt;br&gt;Drop-in Service, call for details.</td>
</tr>
<tr>
<td><strong>Perth</strong></td>
<td><strong>Helpline 01738-630956</strong>&lt;br&gt;Rape and Sexual Abuse Centre&lt;br&gt;www.rasacpk.org.uk&lt;br&gt;and Kinross&lt;br&gt;<a href="mailto:rasacpk@gmail.com">rasacpk@gmail.com</a>&lt;br&gt;18 King Street&lt;br&gt;<a href="mailto:info@rasacpk.org.uk">info@rasacpk.org.uk</a></td>
<td><strong><a href="http://www.rasacpk.org.uk">www.rasacpk.org.uk</a></strong>&lt;br&gt;Refuge for women fleeing domestic violence. The address is not published for safety reasons.&lt;br&gt;Resettlement and follow up support&lt;br&gt;Dedicated services for children and young people&lt;br&gt;Face to face, phone, email support&lt;br&gt;Group work and workshops.</td>
</tr>
<tr>
<td><strong>Perthshire</strong>&lt;br&gt;and Kinross</td>
<td><strong>Support line 01738-639-043</strong>&lt;br&gt;Perthshire Women's Aid&lt;br&gt;www.perthwomensaid.org.uk&lt;br&gt;and Kinross&lt;br&gt;Support  Mon to Fri,  9.30am - 4pm&lt;br&gt;49 York Place&lt;br&gt;<a href="mailto:info@perthwomensaid.org.uk">info@perthwomensaid.org.uk</a>&lt;br&gt;Perth PH2 8EH</td>
<td><strong><a href="http://www.perthwomensaid.org.uk">www.perthwomensaid.org.uk</a></strong>&lt;br&gt;Refuge for women fleeing domestic violence.&lt;br&gt;Resettlement and follow up support&lt;br&gt;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.&lt;br&gt;Anyone looking to use the service can drop in or call ahead to make an appointment.</td>
</tr>
<tr>
<td><strong>Shetland</strong></td>
<td><strong>Helpline 01595-692-070</strong>&lt;br&gt;Shetland Women's Aid&lt;br&gt;Shetland Islands&lt;br&gt;01595-692-070 Office / Refuge</td>
<td><strong><a href="http://www.scottishwomensaid.org.uk/">www.scottishwomensaid.org.uk/</a>&lt;/br&gt;www.womensaid.scot/find-nearest-wa-group/</strong>&lt;br&gt;Refuge for women fleeing domestic violence. The address is not published for safety reasons.&lt;br&gt;Resettlement and follow up support&lt;br&gt;Dedicated services for children and young people&lt;br&gt;Drop-in Service, call for details.</td>
</tr>
</tbody>
</table>
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**  
info@rosswa.co.uk

**Ross-shire Women's Aid**  
www.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.


**Open Secret**  
www.opensecret.org

**Open Secret**  
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.

**Western Isles Rape Crisis Centre**  
www.wircc.co.uk

**Western Isles Rapce Crisis Centre**  
01851-709-965 Office / Helpline

**Stornoway**

**Helpline 01851-704-750**  
Our services are closed on Weds

**Western Isles Women's Aid**  
www.wiwasty.co.uk

**Western Isles Women's Aid**  
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 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
23 Meadow Court
Thurso
Highland KW14 8DD
Admin 01847-539-317
www.freshstartfoundation.co.uk/
info@freshstartfoundation.co.uk

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.

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 www.rosswa.co.uk
Wester Ross info@rosswa.co.uk
Ross-shire
07848-023-282 Office

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