

Rape Crisis Scotland

<http://www.rapecrisisscotland.org.uk/>

08088 010302 Free helpline every day 6pm-midnight

Samaritans

24-hour helpline: 08457 90 90 90

samaritans.org

24-hour support for anyone experiencing distress, despair or suicidal thoughts.

Victim Support

Victim Supportline: 0845 30 30 900 (Mon-Fri 9am-9pm, Sat and Sun 9am-7pm)

email: supportline@victimsupport.org.uk

web: www.victimsupport.org

Victim Support is a charity that provides support and information to people affected by crime, including rape and sexual abuse, as a victim or a witness. The website provides details of local support branches.

Support for adults abused in childhood

Survivor Scotland

Information for survivors and agencies on childhood sexual abuse

<http://www.survivorscotland.org.uk/>

NAPAC (National Association for People Abused in Childhood)

infoline: 0800 085 3330

email: support@napac.org.uk

web: napac.org.uk

Support, advice and guidance for adult survivors of any form of childhood abuse – sexual, physical or emotional

TANSAL (The Abuse Network Survivor Aid Links)

web: tansal.50megs.com

Provides information on books, training, UK events and links for survivors of sexual, physical, emotional or mental abuse and neglect during childhood, and those supporting survivors.

Support for people with learning difficulties

Respond

email: admin@respond.org.uk

web: www.respond.org.uk

Respond provides a range of services to people with learning disabilities, including both victims and perpetrators of sexual abuse. It also provides support and training for families, carers and professionals. Mental health professionals can refer people with learning difficulties who have experienced or perpetrated sexual abuse for face to face work.

Mencap

infoline: 0808 808 1111

email: help@mencap.org.uk

web: mencap.org.uk

Information and advice for people with a learning disability, families and carers

Scottish Domestic Abuse Helpline
0800 027 1234

Refuge

helpline: 0808 2000 247 (Freephone 24 hour National Domestic Violence Helpline run in partnership between Women's Aid and Refuge)
email: info@refuge.org.uk
web: refuge.org.uk

Domestic violence – support for black and minority ethnic groups

Shakti Women's Aid

ph: 0131 4752399
email: info@shaktiedinburgh.co.uk
web: www.shaktiedinburgh.co.uk

Provides support for BME women children and young people experiencing domestic abuse, forced marriage and Honour Based Violence from their partners, ex-partners and other members of the household. Offers refuge, practical and emotional support in Edinburgh. Outreach services covering the Lothians, Tayside, Forth Valley and Fife.

Hemat Gryffe Women's Aid

ph: 0141 3530859
email: hemat.gryffe@ntlbusiness.co.uk
web: www.hematgryffe.org.uk

Glasgow based, provides support for BME women children and young people experiencing domestic abuse, forced marriage and Honour Based Violence from their partners, ex-partners and other members of the household.

Domestic Violence – support for LGBT groups

Broken Rainbow

helpline: 0300 999 5428 Open Monday: 2pm - 8pm, Wednesday: 10am - 5pm, Thursday: 2pm - 8pm
email: help@broken-rainbow.org.uk
web: www.broken-rainbow.org.uk
Provides support for lesbian, gay, bisexual and transgender (LGBT) people experiencing domestic violence.

Domestic violence – help for people who inflict violence

Respect

Respect phonenumber: 0808 802 4040 (Open: Monday - Friday 10am-1pm and 2pm-5pm)
email: info@respectphonenumber.org.uk
web: www.respectphonenumber.org.uk
Runs support services and programmes for people who inflict violence in relationships including young men and women. Also runs the men's advice line, as above.

Domestic violence – support for young people

Respect not fear

web: www.respectnotfear.co.uk
Website for young people about domestic violence.

The Hide Out

web: www.thehideout.org.uk/over10

Women's Aid has created this website to help young people understand domestic abuse, and how to take positive action if it's happening to them.

Domestic violence and forced marriage

The Forced Marriage Unit

tel: 020 7008 0151

email: fm@fco.gov.uk

web: www.gov.uk/forced-marriage

A joint-initiative between the Foreign Office and the Home Office. It assists actual and potential victims of forced marriage, as well as professionals working in the social, educational and health sectors.

Female genital mutilation (FGM)

Saheliya and DARF are based in Edinburgh and do some work with survivors of FGM:

Saheliya www.saheliya.co.uk

DARF: www.darf.org.uk

Sexual abuse – support for all

HAVOCA (Help for Adult Victims of Child Abuse)

email (support): friend@havoca.org

web: www.havoca.org

Provides information to any adult who is suffering from past childhood abuse. Website includes survivors' forum.

One in four

web: oneinfour.org.uk

Advocacy service, counselling service (available over Skype and in several languages) and information for people who have experienced sexual abuse.

TASC - trauma and abuse support centre

email: tasc@tasc-online.org.uk

web: tasc-online.org.uk

UK web-based resource for survivors of the whole spectrum of child sexual abuse and for anyone involved in supporting them, including family, friends, therapists and churches.

The Lantern Project

web: lanternproject.org.uk

Help and support for survivors of sexual abuse. Information library on website, and survivors' online forum.

CIS'ters (Childhood Incest Survivors)

PO Box 119, Eastleigh SO50 92F

tel: 023 8033 8080

email: admin@cisters.org.uk

Provides help and support for adult women who suffered incest as a child. Organises workshops and conferences to raise awareness on the issues surrounding incest, particularly mental distress.

Roshni

'No more secrets', Scottish organisation

<http://www.roshni.org.uk/>

Help and support for survivors of child sexual abuse.

British Association of Art Therapists (BAAT)

tel: 020 7686 4216

web: baat.org

Provides a list of therapists

British Association for Behavioural and Cognitive Psychotherapies (BABCP)

tel: 0161 705 4304

web: babcp.com

Can provide details of accredited therapists

British Association for Counselling and Psychotherapy (BACP)

tel: 01455 883 300

web: itsgoodtotalk.org.uk

For practitioners in your area

UK Council for Psychotherapy (UKCP)

tel: 020 7014 9955

web: psychotherapy.org.uk

Has a voluntary register of qualified psychotherapists

Mind (National Association for Mental Health):

0300 123 3393

www.mind.org.uk