



equally safe  
at school

a whole school approach to  
preventing gender based violence

# Support Services

## For Students and Staff



**RAPE  
CRISIS  
SCOTLAND**

# Gender-Based Violence

## Rape Crisis Scotland National Helpline

Confidential short-term, crisis and initial support to people of **all genders** living in Scotland **aged 13+** who have been affected by sexual violence. We support survivors, as well as family, friends and supporters.

**Freephone:** 08088 01 03 02 (everyday between 5pm and midnight). Interpreters available.

**Text:** 07537 410 027

**Email:** [support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk)

**Webchat:** [www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)



## Local Rape Crisis Centre

Rape Crisis Centres are free and confidential. They can offer different types of support, information about the law and your rights, and they can also come with you to places like the hospital, STI clinics, the police station and court.

Click [here](#) to find your local Rape Crisis Centre

## **Scotland's Domestic Abuse & Forced Marriage Helpline**

Support and advice to **anyone** affected by domestic abuse or forced marriage.

**Freephone:** 0800 027 1234 (24 hours a day, 7 days a week).

Interpreters available.

**Text/Whatsapp:** 07401 288 595

**Email:** [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)

**Webchat:** [www.sdafmh.org.uk](http://www.sdafmh.org.uk)



## **Scottish Women's Aid**

Support and advice for **women - including trans women and women in lesbian relationships** - in a number of areas including legal, financial, emotional and housing. Women's Aid services can also help with access to counselling and a refuge if necessary, where you and any children will be safe if you choose to leave an abusive relationship.

You can find your nearest Women's Aid service [here](#).



## **The National Stalking Helpline**

Practical information, support, and advice on risk, safety planning and legislation to victims of stalking, their friends, family, and professionals.

**Freephone:** 0808 802 0300 (Mon and Wed 9.30am-8pm, Tues, Thurs, Fri 9.30am-4pm)

**Email:** [advice@stalkinghelpline.org](mailto:advice@stalkinghelpline.org)



## **'Revenge Porn' Helpline**

Advice, guidance and support to **anyone aged 18+** who has had intimate images shared online without their consent.

**Phone:** 0345 6000 459 (Mon-Fri 10am-4pm, excluding bank holidays)

**Email:** [help@revengepornhelpline.org.uk](mailto:help@revengepornhelpline.org.uk)



### Scottish Women's Rights Centre (SWRC)

A free legal advice and information service available for **women aged 16+** who have been affected by gender-based violence.

**Freephone** (from most phones): 08088 010 789

(Mon 10am-12.30pm and Wed 10am-1pm)



### Deaf Links - DefiniTAY Project

In partnership with Angus, Dundee and Perth Women's Aid Services, the DefiniTAY Project offers a dedicated advocacy and support service for Deaf **women** who have or are experiencing any form of abuse or coercive control.

**Phone:** 01382 201 077

In an emergency, use the 999 BSL app, call 999 or use 999 by text service.



### Encompass

A Scottish network of agencies supporting people at risk of becoming involved in, who are currently involved in, or who want to exit selling or exchanging sexual activity. Support is also available to women who have been trafficked. Agencies are located in different areas across Scotland and details can be found [here](#).

### SAY Women

Offers safe, semi-supported accommodation and related services for young **women, aged 16-25 years**, who are survivors of childhood sexual abuse, rape or sexual assault and who are homeless or threatened with homelessness.

**Phone:** 0141 552 5803

**Email:** [enquiries@say-women.co.uk](mailto:enquiries@say-women.co.uk)

### Men's Advice Line

Helpline for **male** victims of domestic abuse.



**Freephone:** 08088 010 327 (Mon–Fri 10am–5pm)

**Email:** [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

**Webchat:** [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)



## Galop

Supporting **LGBT+** people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse. We support anyone who is LGBT+ as well as friends, family members, and professionals.

**National helpline:** 0800 999 5428 (Mon-Tues 9.15-8pm, Wed-Fri 9.15-4.30pm)

**Email:** [help@galop.org.uk](mailto:help@galop.org.uk)

**Webchat:** [www.galop.org.uk](http://www.galop.org.uk)



## LGBT Helpline Scotland

A national helpline providing information and emotional support to LGBT+ people, their families, friends and supporters.

**Phone:** 0800 464 7000 (Tues-Thurs 12-9pm, Sun 1-6pm)

**Email:** [helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)

## FearFree

Offers support for people experiencing domestic abuse in Scotland who **identify as a man or from the LGBT+ community**.

**Phone:** 0131 624 7270 (this is not a support line and calls may go to answer machine)

**Email:** [fearfreeinfo@sacro.org.uk](mailto:fearfreeinfo@sacro.org.uk)

### Hemat Gryffe

Specialist support to **women from the Asian, Black and Minority Ethnic community** who experience domestic abuse influenced by culture and tradition. We support women who experience domestic abuse at the hands of their husbands, partners, and/or extended family members. Abusive behaviour can be physical, verbal, psychological, financial or you may be living in a coercively controlling environment.

**Phone:** 0141 353 0859

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



### Shakti Women's Aid

Supports **BME women, children and young people**, experiencing and/or fleeing domestic abuse from a partner, ex-partner and/or other members of the household.

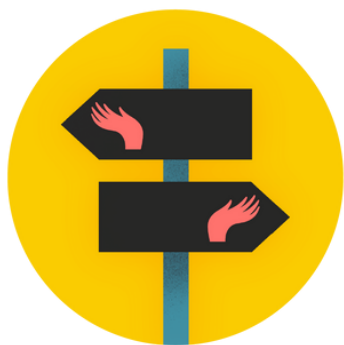
**Phone:** Edinburgh - 0131 475 2399

Fife: 01383 732 289

Dundee: 01382 207 095

Forth Valley: 07757-035-794

**Email:** [info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)





## Lucy Faithfull Foundation Scotland

A child protection charity providing advice, support and resources for **anyone** with concerns about child sexual abuse and it's prevention - whether they're worried about their own thoughts, feelings and behaviour, or about another adult or young person.



Our **Parents Protect** website has support and information for parents, grandparents and carers who want to know what they can do to protect their children offline and online.

For information on our confidential helpline, live chat and secure messaging service click [here](#).

## Child Exploitation and Online Protection (CEOP)

A law enforcement agency that helps keep **young people** safe from sexual abuse and grooming online. For advice and to report something that has happened to you, visit their [website](#).



# General Support



## LGBT Youth Scotland

Support for **LGBTQ+** young people (**13-25 years**) in all aspects of their lives through the provision of youth work, and support to use their voice to create change in equality and human rights.

**Email:** [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

**Live chat:** [www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

## Health in Mind

Practical and emotional support for **all adults** experiencing problems with their mental health. We also provide support specifically for women, men, people from black and minority communities, survivors of trauma and childhood sexual abuse, people with substance use problems, carers and young adults.



**Phone:** 0131 225 8508

**Email:** [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

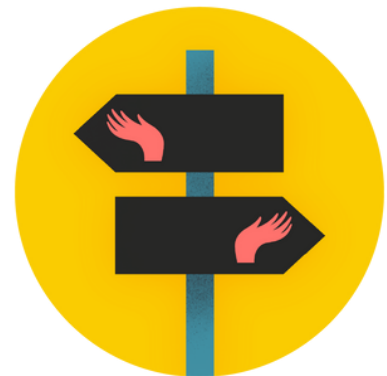


### Amina Muslim Women's Resource Centre

Helpline offering a listening ear and signposting service for **Muslim and BME women aged 16-25**, across Scotland. All calls are strictly confidential and non-judgemental; we will always deal with clients in a faith and culturally-sensitive manner.

We can help women in English, Urdu, Arabic, Bangla and Swahili and, when required, using online interpreting.

**Freephone:** 0808 801 0301 (Mon-Fri 10am-4pm)



### Childline

A free, confidential service for **anyone aged 19 and under** and is available any time, day or night.

**Phone:** 0800 1111

**Email:** click [here](#)

**1-2-1 counsellor chat:** Click [here](#)



### Childline Report, Remove

Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet. Click [here](#) for more information.



### Victim Support Scotland

Free, confidential support to **anyone** affected by a crime.

**Phone:** 0800 160 1985 (Mon-Fri 8am-8pm)

### The Scottish Child Law Centre

Free confidential legal advice on any issue to do with children and young people in Scotland. Their service is available **for under 21's**.

**Phone:** 0300 330 1421

**Email:** [advice@sclc.org.uk](mailto:advice@sclc.org.uk)



### Young Scot LawLine

Free, confidential, 24-hour legal advice on any legal issue or problem for **anyone aged 11 to 25**, in partnership with JC Hughes Solicitors in Glasgow.

**Phone:** 0808 801 0801



**Rape Crisis Scotland Helpline** (for anyone aged 13+)  
**08088 01 03 02**

**Information about other support services is  
available [here](#).**

Rape Crisis Scotland,  
Office tel: 0141 331 4180  
E: [info@rapecrisisscotland.org.uk](mailto:info@rapecrisisscotland.org.uk)  
Web: [www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)

Rape Crisis Scotland is a charitable company limited by guarantee.  
Registered in Scotland No 258568  
Recognised by the Inland Revenue as a Scottish Charity No SC025642