

Domestic Abuse – Useful Contacts

Sources of Advice and Support

Resource	Contact Details	Support
Aberdeenshire Council's Domestic or Partner Abuse Team	Out of Hours emergency service - 03456 08 12 06 https://www.aberdeenshire.gov.uk/social-care-and-health/community-care/living-independently/services-for-people-affected-by-domestic-abuse/	The Social Work contact provides services for anyone who is the victim of Domestic Abuse.
Aberdeenshire Council's Employee Assistance Programme	http://arcadialite.aberdeenshire.gov.uk/wp-content/uploads/2011/05/EAP.pdf 0800 970 3980. E-mail admin@timefortalking.co.uk Logon www.timefortalking.co.uk username: Aberdeen password: AB12016	Provides access to confidential counselling support to employees of Aberdeenshire Council and their immediate family.
Police Scotland	999 – In emergency 101 – Non emergency	In an emergency call 999 and ask for Police. If you cannot speak out loud because it would alert an abusive person, dial 55 and you will be automatically be connected to the Police. If you wish the police can thoroughly investigate and secure evidence to support a prosecution.
Police Scotland	https://www.scotland.police.uk/contact-us/disclosure-scheme-for-domestic-abuse-scotland/	A scheme to facilitate enquiries on the background of a partner/ potential partner of yourself or someone you know.
Victim Support Scotland	0800 160 1985 https://victimsupport.scot/	Provides support for victims and witnesses of crime.
Scottish Women's Aid & Forced Marriage Helpline	0800 027 1234 (Mon-Sun/ 24 hrs) Womansaid.scot helpline@sdafmh.org.uk Can also be found on Facebook and Twitter	24hr support is available from the Scottish Domestic Abuse and Forced Marriage Helpline. Scottish Women's aid provide specialist

		services. Women's Aid Services are trans inclusive and support all women whether in lesbian or heterosexual relationships. Language and translating service is available.
Grampian Women's Aid	01224 593 381 https://www.grampian-womens-aid.com/ info@grampain-womens-aid.com 25 Greenfern Road Mastrick Aberdeenshire AB16 6TS	Provides advice and support for all women in areas including legal, financial, emotional and housing. They can also support access to counselling and a refuge where necessary.
Men's Advice Line	0808 801 0327 Mon-Fri 9am -5pm info@mensadvice.org.uk	Provides specialist support for all men experiencing domestic abuse.
Shakti Women's Aid	Dundee centre - 0138 207 095 (Mon-Fri, 09.30am-4pm) info@shaktiedinburgh.co.uk	Provides support for black, minority and ethnic (BME) women who have experienced domestic abuse. Staffed entirely by women. The website offers an instant exit button.
Rape Crises (Scotland)	08088 01 03 02 (6pm – midnight / 7days) Minicom – 0141 353 3091 http://www.rapecrisisgrampian.co.uk/ support@rapecrisisscotland.org.uk	Provides free and confidential support for anyone affected by sexual violence, no matter when or how it happened.
Survivors UK	Livechat available on survivorsuk.org 0203 598 3898 help@survivorsuk.org	Provides support to men (including trans, non binary and those that have identified as male in the past) as well as their friends and family who have suffered from rape /sexual abuse. The website

		does offer an instant exit button.
Respect, Men's Advice Line (Scotland)	0808 8010327 info@mensadviceline.org.uk	Specialist support for male victims of domestic abuse.
GALOP	0800 999 5428 www.galop.org.uk	Provides specialist support for LGBT+ people that have suffered sexual violence / domestic abuse.
Terrence Higgins Trust (formally PHACE)	0808 802 1221 (10am -8pm)	Provides specialised support in regards to sexual health, living with HIV, accessing PrEP /PEP and prosecutions for transmission of HIV. They can also provide testing kits for STI's in unmarked envelopes. Calling this helpline will not appear on your phone bill.
Fearless	0131 624 7266 Fearless.scot	A Domestic Abuse advice service that specialises in working with those in LGBT relationships.
Refuge	0808 2000 247 (24 hour helpline) www.refuge.org.uk The website contains an escape and hide function to provide secrecy.	Provides services and support for women including refuges designed for disabled women.
AMINA – The Muslim Women's Resource Centre	0808 801 0301 www.mwrc.org.uk	Provides specialist support for Muslim identified women across Scotland. The helpline is free and will not show up on your phone bill.
The Survivors Trust	0808 801 0818 The survivorstrust.org	Provides support and advice for anyone that has experienced rape or sexual abuse.
MOSAC	0800 980 1958 www.mosac.org.uk	Provides support for all non-abusing parents and carers whose children have

		been sexually abused.
Elder Abuse	080 8808 8141	Provides specialist advice on all aspects of elder abuse.
Childline	0808 808 1111 (Mon-Fri 9am -5pm) Also available on Facebook and Twitter	Provides advice for those under 16 years old. The helpline is free and will not appear on a phone bill.
The Samaritans	0800 1111 www.childline.org.uk	Provides emotional support for those experiencing feelings of fear, distress and despair.
Shelter	116 123 (Freephone available 24 / 7) jo@samaritans.org Live Chat:- www.scotland.shelter.org.uk/about_us/contactus Aberdeen Branch- 60 Dee Street Aberdeen AB11 6DS 01224 574 488	Provides urgent housing advice on finding or keeping a home.
Drinkline	0300 123 1110	A free helpline to provide advice for people concerned about their drinking or someone else's.
FRANK	0300 123 6600	Provides confidential advice about drugs and drug use.

Legal and Housing Advice

Aberdeenshire Council Housing	03456 08 12 03 https://www.aberdeenshire.gov.uk/housing/	Provides up to date housing advice.
Citizens Advice Bureaus	www.cas.org.uk	
The Scottish Women's Rights Centre	www.scottishwomensrightscentre.org.uk	Provides free legal support to all women.
The Women's Project	www.isa.org.uk/isa	Provides legal advice to migrant and refugee women and children who have an unsettled asylum / immigration status.
The Ethnic Minorities Law Centre	www.emic.org.uk	Provides legal advice to those from Scotland's

		Black and Minority Ethnic communities.
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