



## **Guide to Domestic Abuse Services in Aberdeenshire**

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**Warning: if you are worried about someone knowing you have visited this website please read the following safety information.**

## **[Cover your Tracks online](#)**

**If you believe there is an immediate risk of harm to someone, or it is an emergency, you should always call 999.**

## **Introduction**

Aberdeenshire Violence Against Women Partnership has produced this guide as a practical resource for Aberdeenshire residents who are experiencing or have been affected by domestic abuse and professionals working with adults and children affected by domestic violence and abuse.

The guide also provides information about what support is available to those affected by domestic violence and abuse in Aberdeenshire.

## **What is Domestic Abuse**

Domestic abuse, also called domestic violence, includes physical, emotional, financial and sexual abuse in couple relationships or between family members.

Domestic abuse can happen to people of all genders, and anybody can be an abuser.

## **Getting help and support for domestic abuse**

**You don't have to wait for an emergency to seek help, but if it is an emergency call 999. The most important thing to remember is that domestic abuse is not your fault. If domestic abuse is happening to you, it's important to tell someone and remember you're not alone.**

You can:

- talk to a trusted professional (GP, Nurse, Health Visitor, Social Worker etc.)
- telephone a confidential support service
  - National Domestic Violence Freephone Helpline – 0808 2000 247
  - Grampian Women's Aid – 01224 593381
  - Abused Men in Scotland (AMIS) – 0131 4477449
  - Galop LGBT + Anti-violence – 0800 999 5428

For other national organisations see useful contacts at the end of this guide.



## Signs of domestic abuse

There are different kinds of abuse, but it is always about having power and control over you.

If you answer yes to any of the following questions, you might be in an abusive relationship.

- **Physical abuse** - Does your partner ever:
  - slap, hit or punch you?
  - push or shove you?
  - bite or kick you?
  - burn you?
  - choke you or hold you down?
  - throw things?
  
- **Emotional abuse** - Does your partner ever:
  - belittle you, or put you down?
  - blame you for the abuse or arguments?
  - deny that abuse is happening, or play it down?
  - isolate you from your family and friends?
  - make unreasonable demands for your attention?
  - accuse you of flirting or having affairs?
  - tell you what to wear, who to see, where to go, and what to think?
  
- **Threats and intimidation** - Does your partner ever:
  - threaten to hurt or kill you?
  - destroy things that belong to you?
  - stand over you, invade your personal space?
  - threaten to kill themselves or the children?
  - threaten to harm family pets?
  - read your emails, texts or letters?
  - harass or follow you?
  
- **Financial abuse** – Does your partner ever
  - control your use of or access to money you have earned or saved?
  - forbid you from working or sabotage employment opportunities?
  - force you to apply for credit?
  - restrict money for necessities e.g. food, clothing, children's expenses?
  - spend money on themselves but does not allowing you to do the same?
  
- **Sexual abuse** - Does your partner ever:
  - touch you in a way you don't want to be touched?
  - make unwanted sexual demands?
  - pressure you to have sex?
  - hurt you during sex?
  - pressure you to have unsafe sex – for example, not using a condom?

If your partner has sex with you when you don't want to, this is rape.

**If you think you may be in an abusive relationship, there are lots of people who can help you.**

## **Aberdeenshire Services**

Anyone experiencing domestic abuse can self-refer to any of the agencies below for support. In certain situations, where a crime is reported and/or there are significant concerns about an adult or a child's safety, information may be shared by one partner agency with other agencies to safeguard and promote the welfare of a vulnerable child or adult.

## **Children's Social Work Services**

Children's Social Work Services can provide a parent and their child with support to ensure they are both protected.

It is a common misperception that children will be 'taken away' if Social Work knows they are living in situations where their parent is a victim of violence or abuse from a partner. Children's social Work strives to maintain children with their parents whenever possible, however this is balanced by the duty to safeguard and protect children's welfare.

Any support provided will come via local Children and Families Teams. This support will always be based on an assessment of what is in the child's best interests and the level of risk present. Key to this assessment is partnership working with the parent who is the victim and, where necessary and appropriate, the child. Social Work will not do anything without the knowledge or involvement of that parent.

In many cases Social Work and the parent who is the victim will agree what level and type of support is required in order that he/she and his/her child(ren) are kept safe. On those occasions when agreement is not reached Social Work will always be clear with this parent, and child where appropriate, about the options open to them, what Social Work will do and the reasons for this.

The support available can take many forms depending on the circumstances and may include:

- Advice about options available to the parent and child(ren)
- Practical safety advice and safety planning
- Provision of safety equipment
- Emotional support, confidence and self-esteem building
- Support with completing forms and attending appointments
- Support to leave your property and access to alternative housing
- Referral to a dedicated Domestic Abuse Social Worker
- Help to access support from other agencies and professionals

The priority of Children's Social Work Services is to make sure that the child is safe, and part and parcel in achieving this is to ensure their parent is safe and able to ensure their child's safety.

**If you are experiencing domestic abuse, or even if you are unsure, you can refer yourself and/or your child directly to your local Children & Families Team. You can do this in person or call this number: 01467 537111, either way, ask to speak to the Duty Social Worker.**

If a professional working with you is worried about you being a victim of domestic abuse, they may discuss this referral with you first but do not need your consent to refer to us if they are worried about your child as they too have a duty to ensure the safety of your child as well as yourself.

When a referral is received, we will ask whoever referred you if there is a safe way to contact you. Then we will meet with you wherever you feel is safe and discuss your circumstances and what support you and your child need.

## **Criminal Justice Social Work Service**

Criminal Justice Social Work will engage with male perpetrators of domestic abuse following a conviction. This will be undertaken through the Caledonian System which is an integrated approach to deal with men's domestic abuse and to improve the lives of women, children and men. It does this by working with men, convicted of domestic abuse related offences, on a programme to reduce their risk of re-offending, while offering integrated services to women and children. The programme is usually Court mandated.

The Caledonian Men's programme, facilitated by Criminal Justice Services jointly between Aberdeen City and Aberdeenshire, uses a person-centred approach, coupled with cognitive behavioural techniques, to encourage men to recognise their abuse and take responsibility for themselves and their relationships. It is aimed at adult men - defined as over 16 years - whose abuse has been towards a female partner or ex-partner.

The Caledonian Men's programme preferred method of delivery is in a group setting with up to eight men who have been convicted of a domestic related offence. On occasions there are men who are unsuitable for the group work element due to various responsibility issues and barriers such as geography and travel difficulties, language barriers and substance misuse issues. On these occasions the Caledonian Respect programme has been designed to be delivered on a 2-1 basis and offers this intervention to men who are not suitable for the group work phase of the Caledonian programme.

The Caledonian women's service offers emotional and practical support to women; advice on safety planning; risk assessment; and advocacy to women whose partner/ex-partner is part of the Caledonian Programme.

The Caledonian Children's service offers direct support to children and young people who are the subjects of domestic abuse within their family system. This service works closely with statutory children's services and jointly will develop safety plans and direct interventions to minimise any further harm being caused ensuring the safety and wellbeing of the children and young people.

## Health and Social Care Partnership (HSCP)

Aberdeen Health and Social Care Partnership brings together community health and adult social care services for individuals and communities. The partnership is committed to meeting the needs of people who are affected by domestic abuse. Where a person is known by HSCP staff to be affected by domestic abuse they will be supported through the provision of advice, signposting or delivery of services. The partnership includes the following services:

- Adult Care Management, Learning Disability and Mental Health Teams
- Substance Misuse Teams
- Adult Protection Team
- Criminal Justice Teams (section above)
- Community Nursing (see NHSG section below)

Adult Social Work Services have a duty under the Social Work (Scotland) Act 1968 to assess a person's community care needs and decide whether to arrange any services. Any assistance should be based on an assessment of the person's care needs and should take account of their preferences.

Where an adult is unable to safeguard their own well-being due to additional vulnerabilities such as a learning or physical disabilities or mental illness and are a subject of domestic abuse, they are likely to receive support through adult support and protection services.

**If you are experiencing domestic abuse you can discuss your concern with a HSCP member of staff. If you are unsure who to contact, please phone the Adult Protection Team on 01467 533100.**

## Housing Service

Aberdeenshire Council Housing Service is committed to ensuring that when there is contact with anyone who has experienced domestic abuse, an appropriate, safe and consistent response which ensures privacy, confidentiality and reduces the risk of further harm.

Aberdeenshire Council Housing Service will:

- Respond effectively to tenants and prospective tenants who are experiencing or perpetrating domestic abuse
- Support tenants who have experienced domestic abuse
- Minimise disruption to those affected by domestic abuse so they can maintain family and community connections, employment and education
- Hold tenants and household members who perpetrate domestic abuse to account

If you are having difficulty with your accommodation or are facing homelessness as a result of domestic violence or abuse, housing options advice is available.

This would include providing information on rights to remain in your current property, assistance with finding alternative accommodation and providing temporary accommodation and emergency assistance as appropriate, based on individual circumstances.

Advice and assistance are provided by Housing Options staff within each of the local housing offices and interviews can take place face to face or by telephone.

As men and women can be affected by domestic abuse the right to access free housing advice and homelessness assistance applies equally.

Aberdeenshire Council Housing Service works with Grampian Women's Aid to provide support to female survivors within their own homes or in temporary accommodation and with Fearless to support male survivors and those from the LGBT+ community.

**If you have concerns about your housing needs due to domestic abuse that you are experiencing you can contact us on [housing@aberdeenshire.gov.uk](mailto:housing@aberdeenshire.gov.uk) or call our Contact Centre on [03456 08 12 03](tel:03456081203).**

## **Grampian Women's Aid (GWA)**

Grampian Women's Aid offers a free, confidential and non-judgemental service to women, children and young people who have experienced domestic abuse. We have in-depth and specialist understanding of domestic abuse and its impact informed by over forty years of listening to and working with women, children and young people.

Staff are trained professionals and highly skilled in areas of prevention, training, advocacy and service delivery. We focus solely on domestic abuse and our services are underpinned by a gendered analysis of domestic abuse and in-depth research.

GWA offer a range of services including:

- one-to-one practical and emotional support;
- somewhere safe to stay
- safety planning
- advice about: your rights; housing; benefits and help to find a job
- advocacy

Each situation is unique and personal to the individual, and our support varies accordingly.

We also have specialised workers who support children and young people experiencing domestic abuse by giving them a voice. This can be through play therapy, group therapy and one to one discussion.

Our priority is always the safety of the individual we are supporting; children who are involved; and our workers.

In addition to support services, we provide training around domestic abuse to other agencies and organisations and we campaign to change society's understanding of, and response to, domestic abuse.

**If you, or someone you know, is experiencing domestic abuse – or even if you are unsure if it is domestic abuse - you can contact GWA in any of the following ways:**

**Tel: 01224 593381**

**Email: [info@grampian-womens-aid.com](mailto:info@grampian-womens-aid.com)**

**Website “contact us”: [www.grampian-womens-aid.com](http://www.grampian-womens-aid.com)**

**Address: 25 Greenfern Road, Mastrick, Aberdeen, AB16 6TS**

## **NHS**

As part of public protection, NHS Grampian is committed to meeting the needs of people who are affected by gender-based violence, in accordance with the Scottish Government's shared approach to tackling violence against women.

NHS Grampian supports Routine Enquiry of Abuse in clinical areas where women present with a higher risk of having experienced abuse. These areas include, Maternity, Sexual Health, Accident and Emergency and Minor Injuries Units, Community, Drug and Alcohol Services and Mental Health Services. Women presenting to these services will routinely be asked if they have experienced domestic abuse and advice and support will be offered accordingly.

NHS Grampian are committed to protecting vulnerable adults and children and training is provided for staff to ensure that there is a high level of awareness of recognition of vulnerability and abuse and how to carry out 'Routine Enquiry' in the correct setting. Where a high level of risk is identified there will be safety planning and ongoing support for the woman and or children who are affected.

If you are experiencing domestic abuse, or even if you are unsure you can speak to your GP, health visitor, midwife, practice nurse or any member of the NHS who you would be comfortable speaking with.

## **Police Scotland**

Police Scotland take all reports of domestic abuse seriously. If you wish to report a crime or seek advice about concerns for yourself or another then you will be seen by a member of staff. They will listen to you, inform you of the police procedures and ensure your safety and that of your family.

Police will robustly investigate any crimes reported and ensure perpetrators are held accountable. You will also be given information and advice on the support available from other agencies.

**If you're experiencing domestic abuse (or have witnessed it) and are worried about your safety or the safety of a child, you can report it by:**

- **calling 101**
- **contacting your local police station**
- **filling in a Police Scotland online domestic abuse form**

The police will help and protect you when you report domestic abuse. This includes:

- putting you in touch with a specially trained domestic abuse officer and with support agencies
- helping you feel safe – by taking you to a safe place like a refuge, or taking steps to make your own home secure
- getting you medical treatment if you're injured

The police will need to gather details of the incident or incidents from you and investigate

fully. They'll take a number of steps including:

- [interviewing you](#) – you can ask for a female or male officer
- detaining your partner/ex-partner and taking them to a police station for an interview if a crime is established
- advising you what happens next – and what's happening with your partner/ex-partner
- with your permission, referring you to local advocacy groups and support services like [Victim Support Scotland](#), [Scottish Women's Aid](#) and [Rape Crisis Scotland](#) for practical and emotional support

Where there is enough evidence, the police will arrest your partner/ex-partner.

If it's likely your case will result in criminal charges, you'll also be introduced to a [Victim Information and Advice \(VIA\) officer](#) who will:

- keep you updated on the progress of your case
- give you information about the criminal justice system
- tell you what steps have been taken to protect you
- put you in touch with support organisations who can help you

Tell the police right away if you feel you're being harassed or intimidated because you reported domestic abuse.



## **Domestic violence disclosure scheme (also known as “Clare’s Law”)**

Under this scheme you can ask the police to check whether a new, former or existing partner has a violent past. This is called ‘right to ask’. If records show that you may be at risk of domestic abuse from a partner, the police will consider disclosing the information. A disclosure can be made if it is legal, proportionate and necessary to do so.

The “right to ask” also enables a third party, such as a friend or family member, to apply for a disclosure on behalf of someone they know. Again, the police can release information if it is lawful, necessary and proportionate to do so.

In order to make an application under the Domestic Violence Disclosure Scheme please contact the police. You can do this by:

- **visiting a police station (the household isolation instruction as a result of COVID-19 does not apply if you need to leave your home to escape domestic abuse)**
- **phoning 101**
- **speaking to a member of the police on the street**

## **Rape Crisis Grampian (RCG)**

RCG is a voluntary organisation providing free, confidential emotional support to survivors, over the age of 13 years, who have experienced sexual violence at any time in their lives, including sexual violence that happens as part of a domestic abuse dynamic.

RCG offers a variety of specialist support which is led by the individuals’ needs and circumstances. The support is provided by trained, paid and volunteer support workers, in a safe environment which offers the individual the space and time to talk about their experience without being judged.

Survivors will be invited to attend an initial appointment to learn more about the services RCG can provide (support, advocacy, and group work), go through paperwork, and ask any questions they might have. RCG offers face-to-face, telephone, email, or videoconferencing emotional support to enable survivors to choose whichever form of support is the most suitable for them. RCG also has a special service for young people aged 13-25. The advocacy service supports survivors throughout the criminal justice process, regardless of whether someone is thinking to report, has already reported or are going to court. RCG has various groups running throughout the year; please contact them for more information on group work.

RCG can provide the individual with information on the law, health and any other issue relating to sexual violence to enable the survivor to make an informed decision about their way forward.

In addition, a survivor will be given the option to be signposted to any other organisations which may be able to offer support appropriate to the individuals' other needs as required.

**If you, or someone you know, is or has experienced Sexual Violence - you can contact Rape crisis Grampian in any of the following ways:**

**Tel: 01224 590 932**

**E-mail: [info@rapecrisisgrampian.co.uk](mailto:info@rapecrisisgrampian.co.uk)**

**Website: [www.rapecrisisgrampian.co.uk](http://www.rapecrisisgrampian.co.uk)**

**Address: 112 Crown Street, Aberdeen, AB11 6HJ**

**Facebook: RapeCrisis Grampian**

## **Services Working Together**

Aberdeenshire's Strategic Priorities pertaining to domestic abuse are based on the principle that no single agency or professional has a complete picture of the life of a domestic abuse victim, but many will have insights that are crucial to their safety. It is paramount that agencies work together effectively and systematically to increase safety and hold perpetrators to account.

Multi-Agency Risk Assessment Conferences (MARAC) are well established in Aberdeenshire. MARAC is focused on adults for whom our routine support in the areas of domestic abuse, forced marriage or honour-based violence is insufficient. In other words, MARAC only applies where there is a high risk of serious harm or homicide.

In a MARAC, local agency representatives meet to assess risk and manage identified risk through a multi-agency action plan. The need for the Conference will have been established through the completion of a specific risk assessment tool, often by the police. This tool seeks to gather and analyse information from victims; identify those who are at serious risk; and makes agencies aware of the high risk posed to victims by the most dangerous individuals.

## **Keeping Yourself Safe**

**If you or your children are in immediate danger and need help, call 999.**

The most important thing to remember is that domestic abuse is not your fault.

If you're experiencing domestic abuse, you have choices. You can:

- report domestic abuse to the police
- leave your home or get the person who is harming you to leave
- talk about your options with someone from a support organisations

The Right to Ask Disclosure Scheme (Clare's Law as mentioned above) aims to prevent domestic abuse by empowering both men and women with the **right to ask** about the background of their partner, potential partner or someone who is in a relationship with someone they know, and there is a concern that the individual may be abusive.

If you're concerned about someone being abusive, you have the right to ask the **police** about the background of:

- your partner
- potential partner
- someone in a relationship with someone you know (like a friend, relative or neighbour)

If police checks show that the individual has a record of abusive behaviour; or there is other information to indicate the person is at risk, the police will consider sharing this information with the person(s) best placed to protect the potential victim.

If you decide to leave home, try to find somewhere to stay before you go. This could be:

- with friends or family (if you think you'll be safe from your partner here)
- in a refuge
- in temporary accommodation provided by the council

Call [Scotland's Domestic Abuse and Forced Marriage Helpline](#) on 0800 027 1234 or [Shelter Scotland's](#) housing helpline on 0808 800 4444 for advice on finding a safe place to stay.

You may be able to make your partner leave your home. This depends on what rights you have to live in your home. Find out more about [staying in your home after a separation](#).

If you do not have anywhere permanent to stay (for example if you're sleeping on the streets, with friends or family for a short time or living in a hostel, refuge or hotel) you can make a [homeless application to your local council's housing department](#).

If your financial situation changes after you leave your partner, you may be worried about how you'll support yourself or your children on your own. Help with money is available, for example you might be able to claim benefits because you're now a single person or a crisis grant if you need emergency financial help.

If you want to prevent your partner coming near your home or behaving in an abusive way towards you, you can take out an interdict against them. This is a court order that bans them from doing certain things.

Find out more about [taking legal action](#) on the Shelter Scotland website.

You may want a divorce or to dissolve your civil partnership if you want your relationship to end permanently. If you need legal advice from a [solicitor](#) but cannot afford the fees, you may be able to get [legal aid](#).

## Helping a friend if they're being abused

**If someone is at immediate risk of harm, please call 999 immediately.**

If you are a friend or family member concerned about someone you think is experiencing domestic abuse you can contact any of the organisations above for advice.

If you're worried a friend is being abused, let them know you've noticed something is wrong. They might not be ready to talk but try to find quiet times when they can talk if they choose to.

If someone confides in you that they're suffering domestic abuse:

- listen, and take care not to blame them
- acknowledge it takes strength to talk to someone about experiencing abuse
- give them time to talk, but don't push them to talk if they don't want to
- acknowledge they're in a frightening and difficult situation
- tell them nobody deserves to be threatened or beaten, despite what the abuser has said
- support them as a friend – encourage them to express their feelings, and allow them to make their own decisions
- don't tell them to leave the relationship if they're not ready – that's their decision
- ask if they have suffered physical harm – if so, offer to go with them to a hospital or GP
- help them report the assault to the police if they choose to
- be ready to provide information on organisations that offer help for people experiencing domestic abuse

## Understanding domestic abuse: 20 common myths

There are many myths surrounding domestic abuse, but we've challenged the most common ones below.

### **Myth #1**

It only happens to poor women in rundown areas

Domestic abuse happens to women of all ages and ethnicities and from all walks of life

**Myth #2**

Alcohol and drugs are causes of domestic abuse

Perpetrators are the cause of domestic abuse; drugs and alcohol cannot be used to deny responsibility

**Myth #3**

Some women deserve it

No-one deserves to be abused, no matter how they may have behaved

**Myth #4**

If it was that bad, women would just leave

There are many reasons why women don't leave including fear, shame, guilt, hope and love

**Myth #5**

She must have provoked him

It's important to remember that the perpetrator is ALWAYS responsible for the abuse

**Myth #6**

If it's not physical, it's not domestic abuse

Domestic abuse can be verbal, emotional, controlling, coercive, degrading, psychological, financial and sexual, as well as violent

**Myth #7**

What goes on behind closed doors should stay there

Domestic abuse is a criminal act and people must speak out for it to stop

**Myth #8**

It must have just been a 'domestic', every couple argues

It is never okay for an argument to escalate to violence or emotional abuse

**Myth #9**

Just as many men experience domestic abuse

Domestic abuse is a gendered crime. Statistically, more cases of domestic abuse are experienced by women and committed by men

**Myth #10**

Perpetrators are always nasty, violent men who are easy to spot

Most perpetrators live a seemingly normal life and are skilled at hiding their behaviour from those on the outside including friends, family and work colleagues

### **Myth #11**

Just because he abuses his partner doesn't mean he's a bad father

Children who witness or experience domestic abuse can be traumatised long-term and are also victims of child abuse

### **Myth #12**

She didn't tell anyone when it started so she must be lying

Many women hide the truth as they feel scared and ashamed or believe they are to blame

### **Myth #13**

People who experience domestic abuse are sometimes to blame

Survivors of domestic abuse are never to blame; the perpetrator must always be held responsible

### **Myth #14**

Children sometimes cause domestic abuse to happen

Children have no control over an abusive parent, and it is never their fault

### **Myth #15**

Children who live with domestic abuse grow up to be victims or abusers

Growing up in an abusive home can be a risk factor but many of these children grow up to be repelled by violence as they have seen first-hand how traumatic it can be. Childhood experiences cannot be used as excuses by perpetrators

### **Myth #16**

Adults can hide domestic abuse from children

Even if a child doesn't see violence or abuse, they can still hear shouting and notice an upset parent or physical injuries. Children and young people will experience domestic abuse

### **Myth #17**

Domestic abuse is just a temporary loss of temper

Domestic abuse is not related to anger management or temper, it is about sustained control

### **Myth #18**

Domestic abuse happens more in some cultures and communities than others

Domestic abuse can happen to anyone regardless of race, religion, education or how much money you have

## **Myth #19**

Domestic abuse increases during the World Cup

Domestic abuse happens all year round and will continue to happen regardless of football scores. Whilst police may see an increase in reports of physical violence, it's important to remember that domestic abuse is an ongoing pattern of controlling behaviour.

## **Myth #20**

Perpetrators must be mentally ill

Research has shown that the proportion of those with a mental illness is no higher than society as a whole.

## **Additional Contacts and Useful numbers**

### **[Scotland's Domestic Abuse and Forced Marriage Helpline](#)**

**0800 027 1234 (24-hour service)**

**Provides confidential information and support to anyone affected by forced marriage or domestic abuse.**

### **[Victim Support Scotland](#)**

**Phone: 0800 160 1985 (Monday to Friday, 8am to 8pm)**

**Provides information and support for victims and witnesses of crime.**

### **[Scottish Women's Aid](#)**

**Phone: 0131 226 6606**

**Provides advice, support and safe accommodation for women (and their children) who have been abused by their partner or ex-partner. They can recommend local groups.**

**Scottish Women's Aid can also help you with the [practical steps you can take to keep you and your children as safe as possible](#).**

### **[Rape Crisis Scotland](#)**

**Phone: National Helpline on 08088 01 03 02 (6pm to midnight, 7 days a week)**

**Provides a rape crisis helpline and email support for anyone affected by sexual violence. They can also put you in touch with local rape crisis centres or other services for ongoing support.**

### **[Shakti Women's Aid](#)**

**Phone: 0131 475 2399**

**Help for black minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse.**

### **[Hemat Gryffe Women's Aid](#)**

**Phone: 0141 353 0859**

**Provides advice, support and safe temporary refuge accommodation for Asian, black and minority ethnic women and young people who are experiencing, or who have experienced, domestic abuse.**

### [National LGBT Domestic Abuse Helpline](#)

Phone: 0300 999 5428 or 0800 999 5428

Provides help and support for lesbian, gay, bisexual and transgender people who are experiencing, or who have experienced, domestic abuse.

### [Scottish Women's Rights Centre](#)

Helpline for across Scotland: 08088 010 789 (Every Wednesday, 1.30pm to 4.30pm)

Free legal help for women affected by violence, such as domestic abuse, [rape](#), [stalking](#), [forced marriage](#) and [human trafficking](#).

### [AMIS \(Abused Men in Scotland\)](#)

Phone: 0808 800 0024

Supports men who are experiencing or have experienced domestic abuse. Call the confidential helpline (it's free to call from landlines and most UK mobiles, and doesn't appear on itemised phone bills) or [find a local service near you](#).

### [Men's Advice Line](#)

Phone: 0808 801 0327

For men experiencing domestic abuse from their current or ex-partner.

[TheNetworkLaRed](#): The Network/La Red is a survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, BDSM, polyamorous, and queer communities. Learn more at [www.tnlr.org](http://www.tnlr.org)

[FORGE](#): FORGE is a national transgender anti-violence organization providing direct services to transgender, gender non-conforming and gender non-binary survivors of sexual assault as well as providing training and technical assistance to providers around the country who work with transgender survivors of sexual assault, domestic and dating violence, and stalking. Learn more at [www.forge-forward.org](http://www.forge-forward.org)

[Childline](#) – Get help and advice about a wide range of issues, call us on 0800 1111, talk to a counsellor online, send an email or post on the message boards.

