

Where to get support

If you, or someone you know, needs support there is help available:

0800 027 1234

Scotland's Domestic Abuse Helpline

To speak to trained helpline workers'
24 hours a day, 7 days a week.

Anyone can call the helpline. They will help you regardless of age, gender, disability, sexual orientation, nationality or background.

999

Police Emergency

To report immediate
danger of harm

101

Local Police

For non-emergency
police contact

You can also call these specialist numbers:

03300 949 395

Abused Men in Scotland (AMIS)

National helpline to
support abused men

08088 01 03 02

Rape Crisis Scotland

Support for anyone affected
by sexual violence

0131 555 3940

LGBT Youth Scotland

Help for LGBT people
experiencing abuse

0131 624 7270

FearFree

Support for victims
of domestic abuse who
identify as male or from
the LGBT+ Community

0800 83 85 87

Breathing Space

Helpline for people feeling
down or depressed

0800 5999 247

Karma Nirvana

Support for victims
of domestic abuse, forced
marriage and honour
based abuse

0141 353 0859

Hemat Gryffe

Support for Asian,
black and minority
ethnic women

0131 475 2399

SHAKTI Women's Aid

Help for black minority
ethnic (BME) women

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**Safer
Scotland**
Scottish
Government