

Wellbeing & Support Contacts

DOMESTIC ABUSE & FORCED MARRIAGE

- Scotland's Domestic Abuse and Forced Marriage Helpline
Open 24/7
Call: 0800 027 1234
Email: helpline@sdafmh.org.uk
Web chat: [sdafmh.org.uk](https://www.sdafmh.org.uk)
- Local Women's Aid Groups
Find your [local women's aid group](#)
- National LGBT+ Domestic Abuse Helpline
Open Monday to Friday, 10am - 5pm and Wednesday to Thursday, 10am-8pm
Call: 0800 999 5428
Email: help@galop.org.uk
- AMINA – Muslim Women's Resource Centre
Open Monday to Friday, 10am - 4pm.
Call: 0808 801 0301
- Respect Phonenumber – for perpetrators seeking help
Open, 9am – 5pm
0808 8024040 or www.respectphonenumber.org.uk

RAPE AND SEXUAL ASSAULT

- Rape Crisis Scotland Helpline
Open daily, 6 pm - midnight
Call: 08088 01 03 02
Text: 07537 410027
Email: support@rapecrisisscotland.org.uk
- Local Rape Crisis Centres
Find your [local rape crisis](#) centre.
Some of them also have a helpline open outside the National Rape Crisis Helpline hours.
- Trauma Counselling Line Scotland – for survivors of childhood abuse
Open Monday to Wednesday, 2pm - 6pm and Friday, 9am - 3pm.
Call: 08088 02 04 06
- Click – support for women selling sex on-line
Chat is open Monday, Tuesday, Thursday and Friday, 11am - 1pm.
Online chat: www.click.scot/chat

STALKING & CYBER-STALKING

- National Stalking Helpline
Open daily 9:30am - 4pm, except Wednesday, 1pm - 4pm
Call: 0808 802 0300
- FollowIt App – can be downloaded to record incidents of stalking
download this app
- Revenge Porn helpline
Email: **help@revengepornhelpline.org.uk**
- The Cyber Helpline
Access **their range of guides** to help you when your online security has been compromised.
- Report Harmful Content
This organisation can **support you** in reporting harmful online content across different social media platforms.
- Voice of Internet Crime
This site has **instructions on removing your images** from Google and other websites.

HOMOPHOBIC AND TRANSPHOBIC ABUSE

- LGBT Helpline Scotland
Open Tuesday and Wednesday between 12-9pm
Call 0300 123 2523
Email the helpline confidentially on **helpline@lgbthealth.org.uk**.
- LGBT Youth Scotland's transgender support service
- Email **info@lgbtyouth.org.uk** or send a text to 07786 202 370

HUMAN TRAFFICKING

- Modern Slavery Helpline
Call: 08000 121 700

LEGAL AND FINANCIAL ADVICE

- Scottish Women's Rights Centre
Open for legal information: Monday 2 - 5 pm. Tuesday 6 - 8 pm, Wednesday 11 am - 2 pm,
Friday 10 am - 1 pm
Open for advocacy support: Tuesday 11 am - 2 pm
Open for Sexual harassment support: Thursday 5 - 8 pm
Call: 08088 010 789

- Scottish Refugee Council (for immigration advice)
Open Monday to Friday, 9am – 5pm
Call: 0141 223 7979
Information on the [changes to the asylum process and resettlement](#) here.
- Shelter Scotland (for housing advice)
Open Monday – Friday 9am-5pm
Call: 0808800 4444

SUPPORT FOR MENTAL HELATH

- Samaritans
Open 24/7
Call: 116 123
- Mind
Call: 0300 123 3393 or Email: info@mind.org.uk
- Breathing Space
Open Monday-Thursday 6pm to 2am and Friday 6pm - Monday 6am
Call: 0800 83 85 87

Online Resources

- [Video](#) on how to cope with anxiety and self-isolation
- UCU [guidance](#) on workload issues
- Wider [support](#) for education sector
- [Advice](#) from ACAS
- Care-first [Employee-assistance Programmes](#)
- Health and Safety Executive on [stress](#)