<https://www.hvawp.scot.nhs.uk/wp-content/uploads/2019/05/Support-Services-Booklet-2019.pdf>

internally

HR

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Employee Assistance

Trade Unions

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| Scotland’s Domestic Abuse and Forced Marriage Helpline  Freephone 24 hour helpline  <https://sdafmh.org.uk> | 0800 027 1234 |
| Caithness & Sutherland Women’s Aid  <http://www.caswa.org.uk/> | 0845 408 0151 |
| Inverness Women’s Aid  [**http://www.invernesswa.co.uk/**](http://www.invernesswa.co.uk/) | 01463 220719 |
| Lochaber Women’s Aid  <http://www.lochaberwomensaid.org/> | 01397 705734 |
| Ross-shire Women’s Aid  <https://www.rosswa.co.uk/> | 01349 863568 |
| Rape and Sexual Abuse Service Highland (RASASH)  <http://www.rasash.org.uk/> | 03330 066909 |
| Rape Crisis Scotland  <https://www.rapecrisisscotland.org.uk/> | 08088 010302 |
| Men’s Advice Line (for male victims of partner abuse)  <http://www.mensadviceline.org.uk/> | 0808 8010327 |
| AMIS (Abused Men in Scotland) helpline for men experiencing domestic abuse  <https://www.abusedmeninscotland.org/> | 0808 800 0024 |
| Amina (The Muslim Women’s Advice Centre)  <https://mwrc.org.uk/> | 0141 212 8420 |
| Hemat Gryffe Women’s Aid , Glasgow  BAME women and children  <http://www.hematgryffe.org.uk/> | 0141 353 0859 |
| Shakti Women’s Aid, Edinburgh  BAME women and children  <https://shaktiedinburgh.co.uk/> | 0131 475 2399 |
| Respect (for perpetrators of domestic violence who want to stop)  https://respect.uk.net/ | 0808 802 4040  0808 801 0327 men’s advice line |
| Advocacy Highland  independent advocacy for people who need to be supported to speak up about specific issues  <http://www.advocacy-highland.org.uk/> | 01463 233460 |
| Victim Support Highland  Support and information services to victims and witnesses of crime in Scotland  https://www.victimsupportsco.org.uk/how-to-find-us/victim-support/victim-support-highland/ | 0800 160 1985 |
| Children 1st  If you are concerned about a child or would like advice and support about parenting, contact Parentline Scotland  https://www.children1st.org.uk | **08000 28 22 33** |
| Forced Marriage Unit  Contact the FMU if you’re trying to stop a forced marriage or you need help leaving a marriage you’ve been forced into  <https://www.gov.uk/stop-forced-marriage> | 020 7008 0151 |
| National Female Genital Mutilation Helpline (NSPCC)  Contact the NSPCC anonymously if you’re worried that a girl or young woman is at risk or is a victim of FGM. | 0800 028 3550 |
| HALO project  Supports victims of honour-based violence, forced marriages and FGM  https://www.haloproject.org.uk/ | 01642 683 045 |
| FGM aware -challenging female genital mutilation in Scotland  <https://www.fgmaware.org/> |  |
| NHS Highland  https://www.nhshighland.scot.nhs.uk/YourHealth/Pages/ViolenceAgainstWomen.aspx |  |
| Highland Sexual Health and The Teen Clinic  https://www.nhshighland.scot.nhs.uk/Services/Pages/SexualHealth.aspx |  |
| Police Scotland  https://www.scotland.police.uk/keep-safe/advice-for-victims-of-crime/domestic-abuse/reporting-domestic-abuse/ | 101 or 999 in an emergency |
| Samaritans  https://www.samaritans.org/scotland | 116 123 |
| Scottish Women’s Rights Centre  help women aged 16 and over affected by violence and abuse  https://www.scottishwomensrightscentre.org.uk/ | 08088 010 789 |
| Trafficking Awareness Raising Alliance (TARA), Glasgow | 0141 276 7724 |
| The Highland Council |  |
| COPFS Victim Information & Advice Service  https://www.copfs.gov.uk/involved-in-a-case/victims | [0300 020 3000](tel:+443000203000) |
| Emergency Social Work  https://www.highland.gov.uk/info/1347/social\_care\_and\_health/456/social\_care\_contacts | * Report a child protection concern 08457 697 284 (out of hours) * Report an adult support and protection concern 0800 902 0042 (out of hours) |
| Childline  0800 1111  https://www.childline.org.uk/get-support/contacting-childline/ |  |
| CABx |  |
| Highland Council Homelessness  https://www.highland.gov.uk/info/997/housing\_advice/245/homelessness | .  01349 886602  01349 886691 (out of hours) |
| Highland Council Welfare Support Team  For help or advice applying for benefits please contact the welfare support team | 0800 090 1004. |
| Right to Ask  Disclosure Scheme for Domestic Abuse Scotland  <https://www.scotland.police.uk/contact-us/disclosure-scheme-for-domestic-abuse-scotland/> |  |
| LGBT Helpline  Information and emotional support to LGBT people and their families, friends and supporters across Scotland  <https://www.lgbthealth.org.uk/services-support/helpline/> | 0300 123 2523 |
| LGBT Domestic Abuse Scotland – Youth Scotland  Providing support and advice to LGBT people and professionals  https://lgbtdomesticabuse.org.uk/ |  |
| Galop  The LGBT+ anti-violence charity  http://www.galop.org.uk/ | 0800 999 5428 |
| Shelter Domestic violence and abuse help  https://scotland.shelter.org.uk/get\_advice/advice\_topics/families\_and\_households/domestic\_abuse |  |
| Survivor Scotland  Survivor Scotland supports the Survivors of Sexual Abuse, ensuring they have access to, and control over, support and services to help them enjoy a healthy, happy life  <https://www.inspiringscotland.org.uk/what-we-do/our-funds/survivor-support/> |  |