

# ABERDEEN VIOLENCE AGAINST WOMEN PARTNERSHIP

If you, or someone you know, has been affected by violence or abuse, please remember you are not alone.

Gender-based violence can happen within the family, in the workplace, in public, in private, or online. It can include (but is not limited to):

- Physical, sexual or emotional abuse, including domestic abuse and coercive and controlling behaviour;
- Rape or sexual assault;
- Stalking or threats;
- Sexual harassment or intimidation at work, in education, or in public;
- Child sexual exploitation, including incest and child sexual abuse;
- Commercial sexual exploitation, including forced prostitution, pornography and trafficking;
- Female genital mutilation, dowry-related violence, 'honour' crimes, forced marriage or child marriage.

## What is Coercive Control? (website)

[womensaid.org.uk/~~/coercive-control/](https://www.womensaid.org.uk/~~/coercive-control/)

## National Helplines

**Scottish 24-Hour Domestic Abuse & Forced Marriage Helpline:**

**0800 027 1234.** Website: [sdafmh.org.uk](https://www.sdafmh.org.uk)

**Rape Crisis Scotland Helpline:**

**08088 01 03 02,** daily 6pm-Midnight.

Website: [rapecrisisScotland.org.uk](https://www.rapecrisisScotland.org.uk)

**Victim Support Scotland Helpline:**

**0800 160 1985,** Mon-Fri 8am-8pm.

Website: [victimsupport.scot](https://www.victimsupport.scot)

## Local Help & Support

**Aberdeen City Council Domestic Abuse**

**Team & Caledonian Project:** 74-76 Spring Garden, AB25 1GN. 01224 538 000. Email:

[domesticabuseteam@aberdeencity.gov.uk](mailto:domesticabuseteam@aberdeencity.gov.uk)

**Ending Violence and Abuse Aberdeen:** 27-

29 King Street, AB24 5AA. 0300 303 0903.

Website: [aberdeen-cyrenians.org/evaa](https://www.aberdeen-cyrenians.org/evaa)

**Grampian Women's Aid:** The Gatehouse, Quarry Road, AB16 5UU. 01224 593381.

Website: [grampian-womens-aid.com](https://www.grampian-womens-aid.com)

**Rape Crisis Grampian:** 112 Crown Street,

AB11 6HJ. 01224 591 342. Website:

[rapecrisisgrampian.co.uk](https://www.rapecrisisgrampian.co.uk)

## Ethnic Minorities & Other Languages

**Polish Women's Support Network:** Polish Helpline 0800 061 4004, Wed 9:30am-2:30pm, Fri 9:30am-12:30pm. Website: [polishwomensupportnetwork.org](http://polishwomensupportnetwork.org)

**Opoka:** Polish Helpline 0300 365 1700, Mon-Fri 9am-5pm. Website: [opoka.org.uk](http://opoka.org.uk)

**AMINA, Muslim Women's Resource Centre:** Helpline 0808 801 0301, Mon-Fri 10am-4pm. For Youth: Wed 6-9pm. Website: [mwrc.org.uk](http://mwrc.org.uk)

**Hemat Gryffe Women's Aid:** 24-hour Helpline 0141 353 0859. Website available in Cantonese, Bengali, Hindi, Punjabi & Urdu: [hematgryffe.org.uk](http://hematgryffe.org.uk)

**Shakti Women's Aid:** Helpline 0131 475 2399, Mon, Wed, Thu, Fri 9:30am-4pm, Tue 1-4pm. Website available in Arabic, Polish, Mandarin, Hindi, Punjabi, Urdu, Portuguese, Spanish & Swahili: [shaktiedinburgh.co.uk](http://shaktiedinburgh.co.uk)

## Lesbian, Bi & Transgender

**FearFree:** 110 Crown Street, AB11 6JJ. 01224 560550. Website: [fearless.scot](http://fearless.scot)

**LGBT+ Domestic Abuse Helpline:** 0300 999 5428. Mon, Tue, Fri 10am-5pm; Wed, Thu 10am-8pm. Trans Specific: Tue 1-5pm. Website: [galop.org.uk](http://galop.org.uk)

## Specialist Services & Legal Support

**Domestic Abuse Advocacy Service:** Willowbank Road, AB11 6YG. 0124 332397. *Free, independent advocacy service.* Website: [advocacy.org.uk](http://advocacy.org.uk)

**Scottish Women's Rights Centre**  
**Helpline:** 08088 010 789, Mon 2-5pm, Tue 6-8pm, Wed 11am-2pm, Fri 10am-1pm. *Free legal information & support.* Website: [scottishwomensrightscentre.org.uk](http://scottishwomensrightscentre.org.uk)

**National Stalking Helpline:** 0808 802 0300 (Mon, Tue, Thu, Fri 9:30am-4:00pm, Wed 1-4pm). Website: [suzy.lamplugh.org](http://suzy.lamplugh.org)

**Quay Services:** 7 Hadden Street, AB11 6NU. 01224 594700. *For women involved in prostitution in Aberdeen City & Shire.*

## Children & Young People

**Barnardos:** 20 Carden Place, AB10 1UQ. 01224 624090. Website: [barnardos.org.uk](http://barnardos.org.uk)

**Children 1st:** 36 Carden Place, AB10 1UP. 01224 251150. *Help for families, with practical advice and support.* Website: [children1st.org.uk](http://children1st.org.uk)

**Choices Aberdeen:** 14-20 John Street, AB25 1BT. 01224 624900. *Promoting & supporting positive relationships for young people and vulnerable adults.* Website: [choicesaberdeen.org.uk](http://choicesaberdeen.org.uk)