

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/

National Helplines

Scottish 24-Hour Domestic Abuse & Forced Marriage Helpline:

0800 027 1234. Website: sdafmh.org.uk

Rape Crisis Scotland Helpline:

08088 01 03 02, daily 6pm-Midnight.

Website: rapecrisisScotland.org.uk

Victim Support Scotland Helpline:

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

Website: 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

Ending Violence and Abuse Aberdeen:

27-29 King Street, AB24 5AA. 0300 303 0903.

Website: aberdeen-cyrenians.org/evaa

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

Website: grampian-womens-aid.com

Rape Crisis Grampian: 112 Crown Street, AB11 6HJ. 01224 591 342. Email:

referrals@rapecrisisgrampian.co.uk

Website: 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

Opoka: Polish Helpline 0300 365 1700, Mon-Fri 9am-5pm. Website: 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

Hemat Gryffe Women's Aid: 24-hour Helpline 0141 353 0859. Website available in Cantonese, Bengali, Hindi, Punjabi & Urdu: 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

Lesbian, Bi & Transgender

FearFree: 110 Crown Street, AB11 6JJ. 01224 560550. Website: fearfree.scot
Email: infoaberdeen@sacro.org.uk

LGBT+ Domestic Abuse Helpline: 0300 999 5428. Mon-Fri 10am-5pm; Wed, Thu 10am-8pm. Website: galop.org.uk

Specialist Services & Legal Support

Advocacy Service Aberdeen: Willowbank Road, AB11 6YG. 0124 332397. *Free, independent advocacy for domestic abuse victims.* Website: advocacy.org.uk/marac

Scottish Women's Rights Centre
Helpline: 08088 010 789, Mon 2-5pm, Tue 6-8pm, Wed 11am-2pm, Thu 5-8pm, Fri 10am-1pm. *Free legal info & support.* scottishwomensrightscentre.org.uk

National Stalking Helpline:
0808 802 0300 (Mon-Fri 9:30am-4:00pm).
Website: www.suzylamplugh.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

Children 1st: 36 Carden Place, AB10 1UP. 01224 251150. *Help for families, with practical advice and support.* Website: 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