

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.

Coercive Control
is illegal in the UK.
More information here:



National Helplines

Scottish 24-Hour Domestic Abuse & Forced Marriage Helpline:

0800 027 1234. Website: sdafmh.org.uk
Text/WhatsApp: 07401288595.

Rape Crisis Scotland Helpline:

08088 01 03 02, daily 5pm-Midnight.
Text: 07537410027. Website:
rapecrisisscotland.org.uk

Victim Support Scotland Helpline:

0800 160 1985, Mon-Fri 8am-8pm.
Website: victimsupport.scot

NHS Scotland 24-hour Sexual Assault Self-Referral Service: 0800 148 8888.

Website: nhsinform.scot/sarcs

National Stalking Helpline:

0808 802 0300 Mon & Wed 9:30am-8pm,
Tue, Thu & Fri 9:30am-4pm.
Website: www.suzylamplugh.org

Aberdeen City Council
Domestic Abuse
Support Services:



Local Help & Support

Ending Violence and Abuse Aberdeen: 6 Rubislaw Terrace, AB10 1XE. 0300 303 0903. Website: weareac.org/evaa

Grampian Women's Aid: The Gatehouse, Quarry Road, AB16 5UU. 01224 593381. Website: grampian-womens-aid.com

Rape Crisis Grampian: Langstane House, 6 Dee Street, AB11 6DR. 01224 590932. Website: rcgrampian.co.uk

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

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

AMINA, Muslim Women's Resource Centre: Helpline 0808 801 0301, Mon-Fri 10am-4pm. Website: mwrc.org.uk

Hemat Gryffe Women's Aid: 24-hour Helpline 0141 353 0859. Website available in most languages: hematgryffe.org.uk

Shakti Women's Aid: Helpline 0131 475 2399, Mon & Wed-Fri 9:30am-4pm, Tue 1-4pm. Website available in 10 languages: shaktiedinburgh.co.uk

Legal Support

Advocacy Service Aberdeen: Willowbank Road, AB11 6YG. 0124 332314. *Free, independent advocacy for domestic abuse victims.* Website: advocacy.org.uk

Scottish Women's Rights Centre Helpline: 08088 010 789, Mon 10am-12:30pm, Wed 10am-1pm. *Free legal info & support.* scottishwomensrightscentre.org.uk

Lesbian, Bi & Transgender

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

LGBT+ Helpline Scotland: 0800 464 7000. Tue-Thu 12-9pm, Sun 1-6pm. Website: lgbthealth.org.uk

LGBT+ Domestic Abuse Helpline (UK): 0800 999 5428. Mon-Thu 10am-8:30pm, Fri 10am-4:30pm. Website: galop.org.uk

Children & Young People

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

Barnardos: 20 Carden Place, AB10 1UQ. 01224 624090. Website: barnardos.org.uk