

ABERDEEN VIOLENCE AGAINST WOMEN & GIRLS 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: 07401 288 595.

Rape Crisis Scotland Helpline:
08088 01 03 02, daily 5pm-Midnight.
Text: 07537 410 027. Website:
rapecrisisscotland.org.uk

Victim Support Scotland Helpline:
0800 160 1985, Mon-Fri 8am-8pm, Sat-Sun
10am-4pm. 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. www.suzylamplugh.org

Scottish Women's Rights Centre Helpline:
08088 010 789, Mon 10-12:30, Wed 10-1.
scottishwomensrightscentre.org.uk

Aberdeen City Council
Domestic Abuse
Support Services



Local Help & Support

ACC Domestic Abuse Team: 08000 304 713
domesticabuseteam@aberdeencity.gov.uk

Ending Violence and Abuse Aberdeen:
62 Summer St, AB10 1SD. 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

Advocacy Service Aberdeen: Willowbank
Road, AB11 6YG. 01224 673200. Website:
advocacy.org.uk

Aberdeen Women's Alliance:
Email: awainfo@btinternet.com

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

Children & Young People

Children 1st: Manor Park Community Ctr,
Danestone Circle, AB16 7YB. 01224 251150.
Website: children1st.org.uk

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

**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

Lesbian, Bi, Trans & Nonbinary

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 9:30am-8pm,
Fri 9:30am-4:30pm. Website: galop.org.uk

FearFree (Edinburgh Based):
0131 624 7270. Website: fearfree.scot
Email: FearFreeInfo@sacro.org.uk

LGBT+ Youth Scotland:
Website: lgbtyouth.org.uk