

DOMESTIC ABUSE, RAPE AND SEXUAL ASSAULT. THERE IS NO EXCUSE.

Confidential support and advice is available if you have recently or previously experienced domestic abuse, rape, sexual assault or other abuse.

If you are living with this now or have experienced it before, it may affect your health and your children's health in many ways.

The NHS wants to help you. Please speak to your health worker or contact one of the organisations below.

Confidential support and advice

Domestic Abuse Helpline:
0800 027 1234 (24 hours, free)

Rape Crisis Scotland Helpline:
08088 01 03 02
(daily 6pm – 12 midnight, free)

Women's Aid
Edinburgh: 0131 315 8110
East Lothian: 0131 561 5800
Midlothian: 0131 561 5800
West Lothian: 01506 413721

**Shakti (for black minority
ethnic women):** 0131 475 2399

**West Lothian Domestic (and sexual)
Abuse Service:** 01506 281 055

**Edinburgh Women's Rape and Sexual
Abuse Centre:** 0131 556 9437
East Lothian: 0780 060 4164

Police Scotland:
101

Victim Support Scottish Helpline:
0845 603 9213

Samaritans: 0131 221 9999

Broken Rainbow
(Support for lesbian, gay, bisexual
and transgender people
experiencing domestic violence):
0300 999 5428

**Men's Advice Line (for men
experiencing domestic violence)**
0808 801 0327

**Respect Phoneline (if you are abusive
towards your partner)** 0808 802 4040

**Survivor Scotland (for survivors
of childhood sexual abuse)**
www.survivorscotland.org.uk

PLEASE TAKE ONE

NHS
Lothian