



EMERGENCY SERVICES

POLICE

In an Emergency Dial 999

Tel: 101 – Non Emergency calls

Shetland Women's Aid

Tel: 01595 692070

[Email Us](#)

Women's Aid provides help to women and children experiencing domestic abuse. They may be able to offer safe and secure accommodation for you and your children.

Shetland Rape Crisis

Tel: 01595 745078 / 07570 062362

[Email Us](#)

Shetland Rape Crisis provides free and confidential information, advocacy and support for anyone in Shetland aged 13 and over affected by any form of sexual violence.

Victim Support Shetland

Tel: 01595 724524

[Email Us](#)

Victim Support Shetland provides victims of crime with free and confidential emotional and practical assistance and information about the criminal justice system.

24 hr Domestic Abuse and Forced Marriage Helpline

0800 027 1234

[Email Us](#)

Free confidential 24 hour support for people who have experienced domestic abuse.

Men's Advice Line

Monday – Friday 9am–5pm

Tel: 0808 801 0327

[Email Us](#)

Confidential helpline for men experiencing domestic violence or abuse.

Shetland Islands Council: Duty Social Work

Tel: 01595 744400 Mon-Fri 9am-5pm

Tel: 01595 695611 Out of Hours

Social Work services are there to provide help for adults and children who are at risk of harm.



LOCAL SUPPORT SERVICES

Shetland Women's Aid

Tel: 01595 692070

[Email Us](#)

Women's Aid provides help to women and children experiencing domestic abuse. They may be able to offer safe and secure accommodation for you and your children.

Shetland Rape Crisis

Tel: 01595 745078 / 07570 062362

[Email Us](#)

Shetland Rape Crisis provides free and confidential information, advocacy and support for anyone in Shetland aged 13 and over affected by any form of sexual violence.

Victim Support Shetland

Tel: 01595 724524

[Email Us](#)

Victim Support Shetland provides victims of crime with free and confidential emotional and practical assistance and information about the criminal justice system.

Survivors of Childhood Sexual Abuse Information and Resources

Tel: 07747 097160

[Email Us](#)

If your life is affected by sexual abuse there are support groups for survivors over 18, partners of survivors, and parents of children who have been sexually abused by others

Shetland Citizens Advice Bureau

Tel: 01595 694696

[Email Us](#)

Shetland Citizens Advice Bureau provides free and confidential advice and information whatever your problem. We can represent you formally at tribunal hearings.

Advocacy Shetland

Tel: 01595 743929

[Email Us](#)

Advocacy Shetland helps people to gain access to information, explore and understand their options, and make their views and wishes known to all the services they are dealing with.

Shetland Islands Council: Duty Social Work

Tel: 01595 744400 Mon-Fri 9am-5pm

Tel: 01595 695611 Out of Hours

Social Work services are there to provide help for adults and children who are at risk of harm.

Police

Tel: 101 – Non Emergency calls



NATIONAL SUPPORT SERVICES

[24 hr Domestic Abuse and Forced Marriage Helpline](#)

Tel: 0800 027 1234

[Email Us](#)

Free confidential 24 hour support for people who have experienced domestic abuse.

[Rape Crisis Scotland Helpline](#)

6pm-midnight

Tel: 08088 01 03 02

Minicom 0141 353 3091 deaf/ hard of hearing

[Email Us](#)

Crisis support for anyone in Scotland affected by sexual violence at any time in their lives.

[Rape and Sexual Abuse Service Highland \(RASHASH\)](#)

Mon/Wed/Fri 9.30am-1.00pm

Tues/Thurs 1pm-4.30pm

Tel: 03330 066909

[Email Us](#)

RASASH provides free and confidential information, advocacy and support to anyone aged 13 or over who is affected by sexual violence.

[Respect Phonenumber](#)

Monday – Friday 9am–5pm

Tel: 0808 802 4040

[Email Us](#)

Will offer anyone who is worried that their own behaviour towards a partner is abusive, a chance to get support to stop and change. Can also support concerned friends and family.

[Scottish Legal Aid Board Legal Help Information Line](#)

Tel: 0845 122 8686

[Email Us](#)

Helps individuals on low and modest incomes gain access to the legal system. Provides help towards the costs of legal advice and representation, for those who qualify, paid for out of public funds.

[Civil Legal Aid Assistance \(Highlands and Islands\)](#)

Tel: 0845 123 2353 / 01463 641 770

[Email Us](#)

Employs solicitors to provide civil legal assistance direct to clients and address unmet legal need under Part V of the Legal Aid (Scotland) Act 1986.

[Scottish Women's Rights Centre](#)

Tues 6-9pm Wed 1.30-4.30pm Fri 10am-1pm

Tel: 08088 010 789

[Email Us](#)

Provides free legal information and advice to women who have been affected by any form of Gender Based Violence



SUPPORT SERVICES FOR MEN

Men's Advice Line

Monday – Friday 9am–5pm

Tel: 0808 801 0327

[Email Us](#)

Confidential helpline for men experiencing domestic violence or abuse.

Abused Men in Scotland

Monday – Friday 9am–4pm

Tel: 0808 800 0024

[Email Us](#)

Provides direct support to men experiencing domestic abuse in Scotland, as well as helping to improve mainstream service responses.

SurvivorsUK

SMS chat Mon-Fri 10:30am-9pm Sat 10am-6pm

Text: 020 3322 1860

Whatsapp: 07491 816 064

[Email Us](#)

SurvivorsUK offer web and SMS chat services for men provided by trained professionals who are specialists in the field of male sexual violence, including childhood sexual abuse and adult rape.

Respect

Tel: 01595 724524

[Email Us](#)

Will offer anyone who is worried that their own behaviour towards a partner is abusive, a chance to get support to stop and change. Can also support concerned friends and family.

White Ribbon Scotland

[Email Us](#)

White Ribbon Scotland is a campaign to involve men in tackling violence against women.



SUPPORT SERVICES FOR CHILDREN AND YOUNG PEOPLE

Childline

Tel: 0800 1111

Email Us

Childline is a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. They are there for you online, on the phone, anytime.

The Hideout

The Hideout can help you understand domestic abuse and what to do if it's happening to you

Voice Against Violence

Voice Against Violence are a group of young people with direct experience of domestic abuse who are working with the Scottish Government and Local Authorities to tackle domestic abuse and improve the lives of children.

LGBT Youth Scotland

Text to chat: 07786 202370

Email Us

LGBT Youth Scotland's website provides information on identifying domestic abuse and what to do in a crisis. LGBT Youth Scotland is the largest youth and community-based organisation for lesbian, gay, bisexual and transgender (LGBT) people in Scotland.

18U

Text/Whatsapp: 07707531976

Tel: 0800 731 40 80

Email Us

18U provides information and support to young people who have been abused in any way.



LGBT SUPPORT SERVICES

Galop

Mon/Thurs 10am–8pm Tues*/Wed 10am-5pm
Fri 1pm-5pm

* Tues 1pm-5pm is trans-specific service

Tel: 0800 999 5428

Email Us

Provides emotional and practical support for LGBT people experiencing domestic abuse.

LGBT Youth Scotland

Text to chat: 07786 202370

Email Us

LGBT Youth Scotland's website provides information on identifying domestic abuse and what to do in a crisis. LGBT Youth Scotland is the largest youth and community-based organisation for lesbian, gay, bisexual and transgender (LGBT) people in Scotland.
