



## 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.