

# If you have been affected by

## VIOLENCE AGAINST WOMEN

DOMESTIC ABUSE

SEXUAL HARASSMENT

RAPE AND SEXUAL ASSAULT

STALKING

'HONOUR-BASED' VIOLENCE

## Get help and support

### Domestic Abuse and Forced Marriage

24hrs: 0800 027 1234

### Rape Crisis Scotland

6pm-midnight: 08088 01 0302

### Scottish Women's Rights Centre

Mon 2-5pm, Tues 6-8pm, Wed 11am-2pm,  
Fri 10am-1pm: 08088 010 789

### Amina (BME Women's support)

Mon-Fri 10am-4pm: 0808 801 0301

### Hemat Gryffe (BME Women's support)

24hrs: 0141 353 0859

### LGBT Health and Wellbeing Helpline

Tues & Wed 12-9pm: 0300 123 2523

EQUALLY SAFE AT  
**WORK**

Equally Safe at Work is an employer accreditation programme enabling employers to advance gender equality and prevent violence against women.