



SUPPORT FOR YOUNG PEOPLE AFFECTED BY SEXUAL VIOLENCE



edinburgh rape crisis centre
supporting survivors of sexual violence

SEXUAL VIOLENCE CAN TAKE MANY FORMS AND THESE OFTEN TAKE PLACE WITHOUT ANY PHYSICAL FORCE.

SEXUAL VIOLENCE IS AN ABUSE OF POWER AND A FORM OF CONTROL, WHERE SOMEONE IS NOT ABLE TO GIVE CONSENT FREELY.

THE IMPACT A VIOLATION LIKE THIS HAS ON SOMEONE CAN BE DEVASTATING, WHETHER OR NOT THE INTENTION WAS TO HARM.

IF YOU HAVE EXPERIENCED SEXUAL VIOLENCE, PLEASE KNOW THAT IT IS NOT YOUR FAULT. THERE ARE PEOPLE OUT THERE WHO WILL LISTEN TO YOU AND BELIEVE YOU.



EDINBURGH RAPE CRISIS CENTRE (STAR TEAM)

FOR ANY YOUNG PERSON OF ANY GENDER, AGED 12-18 YEARS WHO HAS EXPERIENCED SEXUAL VIOLENCE. THIS CAN INCLUDE SENDING INTIMATE IMAGES WITHOUT CONSENT, ONLINE AND FACE TO FACE SEXUAL HARASSMENT/BULLYING, SEXUAL ASSAULT AND RAPE.

MOBILE: 07966 067 301 OR 0131 556 9437 (PLEASE LEAVE YOUR CONTACT DETAILS.

CALLS TO THESE NUMBERS WON'T BE ANSWERED BUT WE CHECK FOR MESSAGES

EVERY DAY)

EMAIL: STAR@ERCC.SCOT

WWW.ERCC.SCOT

RAPE CRISIS NATIONAL HELPLINE

FOR ANYONE OF ANY GENDER AGED 13+. LIKE THE STAR PROJECT, THIS SERVICE CAN BE USED TO DISCUSS ANY FORM OF SEXUAL VIOLENCE THAT A YOUNG PERSON EXPERIENCES. FRIENDS WORRIED ABOUT HOW TO SUPPORT SOMEONE THEY KNOW WHO HAS EXPERIENCED SEXUAL VIOLENCE CAN ALSO USE THIS NUMBER TO ACCESS ADVICE AND SUPPORT.

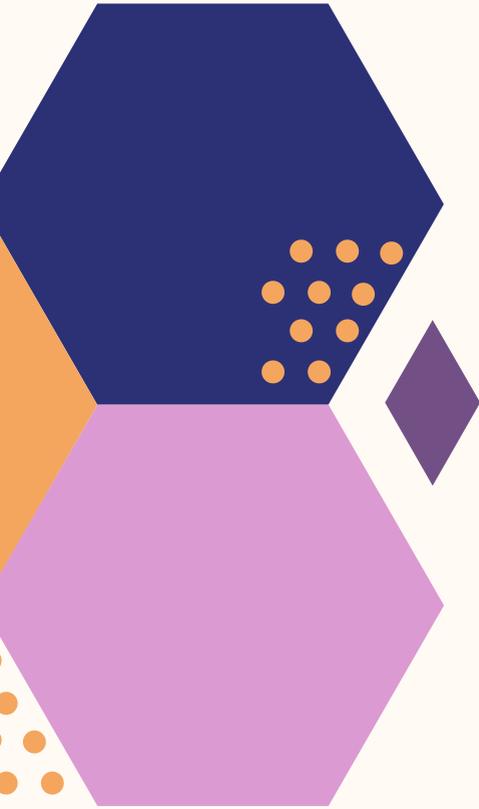
FREEPHONE: 08088 01 03 02

TEXT: 07537 410 027

EMAIL: SUPPORT@RAPECRISISSCOTLAND.ORG.UK

AVAILABLE 5PM-MIDNIGHT 7 DAYS A WEEK

WWW.RAPECRISISSCOTLAND.ORG.UK

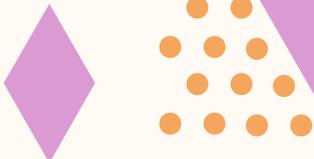


CHILDLINE

CHILDREN UNDER THE AGE OF 19 CAN ACCESS FREE,
CONFIDENTIAL ADVICE AND SUPPORT ABOUT ANYTHING THAT
IS WORRYING THEM.

FREEPHONE: 0800 1111

ONE TO ONE ONLINE CHAT WITH A COUNSELLOR VIA
WWW.CHILDLINE.ORG.UK (7.30AM - 3.30AM EVERY DAY)



SCOTTISH DOMESTIC ABUSE AND FORCED MARRIAGE HELPLINE

PROVIDES SUPPORT TO ANYONE EXPERIENCING DOMESTIC ABUSE OR
FORCED MARRIAGE, AS WELL AS THEIR FAMILY MEMBERS, FRIENDS,
COLLEAGUES AND PROFESSIONALS WHO SUPPORT THEM. THEY PROVIDE A
CONFIDENTIAL, SENSITIVE SERVICE TO ANYONE WHO CALLS THEM.

SUPPORT IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK.

FREEPHONE: 0800 027 1234

EMAIL: HELPLINE@SDAFMH.ORG.UK

LIVECHAT: VIA THE WEBSITE

WWW.SDAFMH.ORG.UK



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AMINA MUSLIM WOMEN'S RESOURCE CENTRE

A LISTENING EAR AND SIGNPOSTING SERVICE FOR MUSLIM WOMEN ON A RANGE OF DIFFERENT ISSUES INCLUDING SEXUAL VIOLENCE. IT IS FREE FROM MOBILES AND LANDLINES AND WILL NOT APPEAR ON YOUR PHONE BILL. ALL CALLS ARE STRICTLY CONFIDENTIAL AND NON-JUDGEMENTAL; AND PROVIDED IN A FAITH AND CULTURALLY-SENSITIVE MANNER.

FREEPHONE: 0808 801 0301 (MONDAY - FRIDAY 10-4PM FOR ANY MUSLIM-IDENTIFYING WOMEN (16+ YRS) LIVE CHAT IS AVAILABLE VIA THE WEBSITE DURING HELPLINE HOURS. A 'LIVE CHAT' BUTTON WILL APPEAR ON THE BOTTOM-RIGHT SIDE OF YOUR SCREEN ANYWHERE ON THE AMINA WEBSITE.

SHAYKH ON THE HELPLINE - A MONTHLY PHONE IN GIVING YOU THE CHANCE TO SPEAK TO THE SHAYKH IN CONFIDENCE ON A WIDE RANGE OF ISSUES.

ALIMA ON THE HELPLINE - EVERY MONDAY 10-2PM THERE WILL BE AN ALIMA (FEMALE ISLAMIC) AVAILABLE TO GIVE ADVICE ANONYMOUSLY.

WWW.MWRC.ORG.UK

SHAKTI WOMEN'S AID

SUPPORT, INFORMATION, SIGNPOSTING FOR BLACK AND MINORITY ETHNIC (BME) CHILDREN AND YOUNG MEN AND WOMEN UP TO THE AGE OF 18, WHO ARE EXPERIENCING, OR HAVE EXPERIENCED, ABUSE. THIS INCLUDES FORCED MARRIAGE, FEMALE GENITAL MUTILATION AND/OR 'HONOUR-BASED' ABUSE.

0131 475 2399

WWW.SHAKTIEDINBURGH.CO.UK

LGBT HELPLINE SCOTLAND

A HELPLINE PROVIDING INFORMATION AND EMOTIONAL SUPPORT FOR THE ENTIRE DIVERSITY OF THE LESBIAN, GAY, BISEXUAL, TRANSGENDER (LGBT) COMMUNITY IN SCOTLAND.

0300 123 2523 (OPEN EVERY TUESDAY AND WEDNESDAY 12-9PM, THURSDAY & SUNDAY 1-6PM)

EMAIL: HELPLINE@LGBTHEALTH.ORG.UK

LIVECHAT VIA WWW.LGBTHEALTH.ORG.UK

LOOK OUT FOR THE POP-UP BOX IN THE BOTTOM RIGHT HAND CORNER OF THE WEBSITE. CLICK ON THE BOX AND BEGIN CHATTING.

GALOP LGBT+ DOMESTIC ABUSE HELPLINE

A HELPLINE FOR LGBT+ PEOPLE WHO HAVE, OR ARE EXPERIENCING, DOMESTIC ABUSE AND/OR OTHER FORMS OF SEXUAL VIOLENCE. SUPPORT IS ALSO AVAILABLE FOR THOSE SUPPORTING A SURVIVOR OF DOMESTIC ABUSE; FRIENDS, FAMILIES AND THOSE WORKING WITH A SURVIVOR. THERE ARE DIFFERENT WAYS TO CONTACT THEM, ALL OF WHICH ARE FREE.

FREEPHONE: 0800 999 5428 (MONDAY, TUESDAY, FRIDAY 10-5PM; WEDNESDAY & THURSDAY 10-8PM)

EMAIL HELP@GALOP.ORG.UK

WEBCHAT: WEDNESDAY AND THURSDAY 5PM - 8PM

CHATBOT: AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK FOR THOSE WHO DO NOT NEED IMMEDIATE HELP.

WWW.LGBTDOMESTICABUSE.ORG.UK



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SUPPORT FOR ONLINE SEXUAL VIOLENCE

INTERNET WATCH FOUNDATION
(HELPS TO REMOVE HARMFUL CONTENT)

WWW.IWF.ORG.UK

REPORT HARMFUL CONTENT

(FOR ADVICE. REPORTING OF SEXUAL IMAGES OF U18'S SHOULD BE DONE THROUGH INTERNET WATCH FOUNDATION)

WWW.REPORTHARMFULCONTENT.COM/ADVICE/

THINK YOU KNOW

(REPORTING & ADVICE ON STAYING SAFE)

WWW.THINKUKNOW.CO.UK

PROFESSIONALS ONLINE SAFETY HELPLINE
(FOR PROFESSIONALS WHO ARE TRYING TO HELP A YOUNG PERSON WITH INTIMATE IMAGE ABUSE)
WWW.SAFERINTERNET.ORG.UK/PROFESSIONALS-ONLINE-SAFETY-HELPLINE

UK SAFER INTERNET CENTRE
(HOW TO STAY SAFE ONLINE)

WWW.SAFERINTERNET.ORG.UK

CEOP

(REPORTING ONLINE SEXUAL VIOLENCE OR ABUSE)

WWW.CEOP.POLICE.UK