

Connect Here Guide to Staying Safe

Abuse Services Advocacy Services



Edinburgh **Health and
Social Care** Partnership



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Keeping the guide up to date:

Services noted within this guide provide a comprehensive, useful and accurate listings of Abuse and Advocacy services. Please email (with hyperlink) any additions or entry update changes for consideration.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

Disclaimer:

The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed. If you have concerns about a service listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions resulting in any harm.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

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Childline

NSPCC Weston House
42 Curtain Road
London EC2A 3NH

E: supportercare@nspcc.org.uk

T: 800 1111 (Helpline)

Opening Hours: Helpline 24 hours a day 7 days a week.

W: www.childline.org.uk

FB: <https://www.facebook.com/childline>

Instagram: https://www.instagram.com/childline_official/

Summary: When you call the Helpline you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about. You can also send us an email from your locker. They will try to answer this within a day, but sometimes it can take a little longer. Childline is open 24 hours a day, 7 days a week. So you can talk to them any time. But they might not be able to talk for as long when it's after midnight.

Abuse: Childhood

National Association for People Abused in Childhood

CAN Mezzanine
7-14 Great Dover Street
London SE1 4YR

T: 0808 801 0331 (Helpline)

T: 0203 096 7645 (Office)

Opening Hours: Monday–Thursday 10.00am–9.00pm, Friday 10.00am–6.00pm (Helpline)

E: support@napac.org.uk

W: <https://napac.org.uk/>

FB: <https://www.facebook.com/NationalAssociationforPeopleAbusedinChildhood>

Tw: <https://twitter.com/NAPAC>

Summary: Help is available for an adult survivor of any form of child abuse and taking the first step is difficult, but this service can provide support and signposting on the road to recovery.

Survivors UK - National Online Helpline

11 Sovereign Close
London E1W 3HW

T: 0203 598 3898

T: 02035983898 (Web Chat)

Opening Hours: Monday–Friday 9.30am–5.00pm (Office), Monday–Sunday 12.00pm–8.00pm (Web Chat)

E: <https://www.survivorsuk.org/contact-us/>

E: help@survivorsuk.org

W: <https://www.survivorsuk.org/>

FB: <https://www.facebook.com/SurvivorsUK>

Tw: <https://twitter.com/survivorsuk>

Instagram: <https://www.instagram.com/survivorsukcharity/>

YT: <https://www.youtube.com/user/SurvivorsUK>

Summary: Survivors UK supports men who have been sexually abused. Online Helpline: A chat service for men who have experienced sexual abuse either as a child or an adult and allows you to have a confidential one-to-one chat with one of the trained support workers.

Abused Men in Scotland (AMIS)

Mayfield Farmhouse
5 Eskview Road
Mayfield
Dalkeith EH22 5EA

T: 03300 949 395 (Helpline)

Opening Hours: Monday–Friday 9.00am–4.00pm (Helpline)

E: support@amis.org.uk

W: <https://abusedmeninscotland.org/who-we-are/helpline/>

FB: <https://www.facebook.com/abusedmeninscotland>

Tw: <https://twitter.com/amiscotland>

Summary: Each year hundreds of men across Scotland reach out for information or support if they have experienced or are experiencing domestic abuse. Practical information, guidance and casework is provided without judgement.

Abuse: Abused Men

FearFree

Thorn House
5 Rose Street
Edinburgh EH2 2PR

T: 0131 624 7270

E: FearFreeInfo@sacro.org.uk

W: <https://fearfree.scot/>

Tw: https://twitter.com/FearFree_Scot

Summary: This is a support service for any man, or LGBTI+ person experiencing domestic abuse. Dedicated case workers offer mentoring and tailored support in areas such as: Healthcare, Housing, Emotional support, Assistance to access appropriate benefits, Practical support, Safety planning, Addictions. The service also offers practical support for survivors to access a range of services and will support appropriate inclusion within communities. Click on the links above for more information and contact details.

Respect - Men's Advice Line

T: 0808 801 0327 (Helpline)

Opening Hours: Monday and Wednesday 9.00am–8.00pm, Tuesday, Thursday, Friday 9.00am–5.00pm (Helpline)

E: info@mensadviceline.org.uk

W: <https://mensadviceline.org.uk/>

FB: <https://www.facebook.com/UKRespect/>

Tw: <https://twitter.com/RespectUK>

Instagram: https://www.instagram.com/respect_uk/

Summary: Men's Advice Line confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members) Click on the links above for more information and contact details.

Abuse: Abused Men

Mankind Initiative

T: 01823 334 244 (Helpline)

T: 01823 334 229 (Office)

Support is not available via email.

E: admin@mankind.org.uk

W: <https://mankind.org.uk/>

FB: <https://www.facebook.com/mankindinitiative/>

Opening Hours: **Helpline** Monday-Friday 10.00am-4.00pm

Opening Hours: **Office** Monday-Thursday

Summary: The Mankind Initiative is the principal, expert and specialist charity in the UK focusing on male victims of domestic abuse. The charity collaborates and works in close partnership with other organisations and practitioners to support these victims too.

They were the first in Great Britain to support male victims. Our expertise derives from directly supporting male victims since 2001, our qualified professionals who manage the charity and our board which also consists of the UK's leading academics and survivors.

Domestic abuse: how to get help

W: <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

Summary: UK Government Information about domestic abuse and signposting.

Abuse: Domestic Abuse

Edinburgh Women's Aid

4 Cheyne Street
Stockbridge
Edinburgh EH4 1JB

T: 0131 315 8110

Opening Hours: Helpline open: Monday, Wednesday, Thursday, Friday 10.00am–3.00pm.
Tuesday 10.00am–7.00pm. Saturday 10.00am–1.00pm.

E: info@edinwomensaid.co.uk

W: <https://edinwomensaid.co.uk/>

Summary: Women accessing this Women's Support service can interact with the service on an ad hoc basis through the Duty service or with an allocated key worker through their locality's teams. The support they provide can fall into the following categories: Risk identification and safety planning. Support to look at housing options including, where appropriate, the provision of refuge accommodation. Information about the legal process and support to access legal advice. Help to rebuild self-esteem and confidence that may have been affected by domestic abuse. Support to help women identify the different tactics perpetrators use and how this has impacted their health and wellbeing. Support to develop additional ways of coping with the impact of the abuse they have experienced. Support women with their financial wellbeing. Support to help rebuild relationships with children and other family members. Supporting women to access support from other agencies and services.

Forensic Medical Services (Victims of Sexual Offences) (Scotland) Act 2021

W: <https://www.gov.scot/policies/violence-against-women-and-girls/forensic-medical-services-for-rape-victims/>

Summary: The Forensic Medical Services (Victims of Sexual Offences) (Scotland) Act 2021 (FMS Act) came into force on 1 April 2022. The Act underpins the work of the CMO taskforce and establishes a legal framework for consistent access to “self-referral” where a victim can access healthcare and request a forensic examination without first having to make a report to the police.

Abuse: Domestic Abuse

Safer Families Edinburgh City of Edinburgh Council

Edinburgh

T: 0131 469 5325

E: saferfamilies@edinburgh.gov.uk

W: http://www.edinburgh.gov.uk/info/20110/domestic_abuse/331/help_for_men_being_abusive

Summary: This service delivers a program for men who are unhappy about their abusive behavior towards a woman, or partner and want help to change.

Beira's Place

Edinburgh

T: 0131 526 3944

T: 0754 669 7067 (text)

Opening Hours: Monday-Friday 10.00am-4.00pm (Helpline); Monday-Friday, 10.00am-5.00pm (Appointments) . There are also evening appointments available for women having longer term support with them.

E: support@beirasplace.org.uk

W: <https://beirasplace.org.uk/>

TW: <https://twitter.com/beirasplace>

Summary: Beira's Place is a new sexual violence support project based in Edinburgh but covering the whole Lothian region. They deliver a trauma informed service to women survivors of sexual abuse from aged 16 years, no matter when that sexual violence or abuse has happened in their lives.

Abuse: Rape and Sexual Violence

Edinburgh Rape Crisis Centre

17 Claremont Crescent

Edinburgh EH7 4HX

T: 0888 01 03 02 (Helpline)

T2: 0131 557 6737

T3: 0753 741 0027 (text)

Daily 6.00pm–12.00am (Helpline and Text Support), Tuesdays 1.30pm–5.00pm (Deaf Access Service), Mondays, Thursdays 7.00pm–12.00am (LGBTI Specific Service)

E: support@ercc.scot

W: <https://www.ercc.scot/>

FB: <https://www.facebook.com/edinburghrapecrisis/>

Tw: <https://twitter.com/edinrapecrisis>

Instagram: <https://www.instagram.com/edinburghrapecrisis/>

Summary: Free and confidential emotional and practical support, information and advocacy to women, all members of the trans community, non-binary people and young people aged 12-18 in Edinburgh, East and Midlothian, who have experienced sexual violence at any time in their lives. This includes, rape, sexual assault, sexual abuse, childhood sexual abuse and commercial sexual exploitation.

Rape Crisis Scotland

1st floor, Abbey House
10 Bothwell Street
Glasgow G2 6LU

T: 0808 8010 302 (Helpline)

T2: 0141 331 4180

Tx: 077537 410 027 (Text)

Opening Hours: Helpline open every day from 6.00 pm until midnight.

E: support@rapecrisisscotland.org.uk

W: <https://www.rapecrisisscotland.org.uk/>

Summary: This helpline offers free and confidential support and information by phone, email and text. The service is for anyone aged 13 and over, of any gender, affected by any form of sexual violence, no matter when or how it happened.

Please go to next section

Aditi - Sacro National Office

Thorn House
5 Rose Street
Edinburgh EH2 2PR

T: 0131 603 4865
E: info@sacro.org.uk

W: <https://www.sacro.org.uk/services/public-protection-community-safety/gender-based-services>

FB: <https://www.facebook.com/sacroscotland>

Tw: <https://twitter.com/sacro>

Instagram: <https://www.instagram.com/sacroscotland/>

Summary: Sacro is dedicated to the safety and wellbeing of Black, Asian and Minority Ethnic women, inclusive of trans women and non-binary people. The service is free and confidential. Sacro aims to provide support to women and enable positive changes in their lives.

Abuse: Ethnic Minority

CHAYN

W: <https://www.chayn.co>

FB: <https://www.facebook.com/chayn>

Instagram: <https://www.instagram.com/chaynhq/>

YT: https://www.youtube.com/channel/UC5_1Ci2SWVjmbeH8_USm-Bg

Summary: This centre is a global volunteer network supporting those experiencing gender-based violence. Their resources will help a person spot abuse, collect evidence, stay safe, get well, and connect to local services. Resources are all online and further information can be accessed via the above platforms.

Saheliya

125 McDonald Road
Edinburgh EH7 4NW

T: 0131 556 9302

Opening Hours: Monday–Friday 9.00am–4.30pm

E: info@saheliya.co.uk

W: <http://www.saheliya.co.uk/>

FB: <https://www.facebook.com/saheliya.bme.women>

Tw: <https://twitter.com/Saheliya>

Summary: This organisation is specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.

Abuse: Ethnic Minority

Shakti Women's Aid

Norton Park
57 Albion Road
Edinburgh EH7 5QY

T: 0131 475 2399

E: info@shaktiedinburgh.co.uk

W: <https://shaktiedinburgh.co.uk/>

FB: <https://www.facebook.com/ShaktiWA>

Summary: Domestic abuse affects every woman differently, so when a woman gets in contact questions are asked about what's going on in lives and services are fit to suit around that; including taking account of any disabilities, age, sexuality, or other factors. Each woman is given their own female 'key worker', who know about domestic abuse and the fear and harm it causes. Go to the website to find out how Shakti can help.

Scotland's Domestic Abuse and Forced Marriage Helpline

T: 0900 027 1234 (Helpline)

Opening Hours: 24/7 (Helpline)

E: helpline@sdafmh.org.uk

W: <https://www.sdafmh.org.uk/en/>

Summary: The helpline supports anyone with experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues, and professionals who support them. The team provides a confidential, sensitive service to anyone who calls.

Abuse: Ethnic Minority

Sikh Sanjog

17a Graham Street
Edinburgh EH6 5QN

T: 07837 701263 (Urgent Enquiry)

T2: 0131 553 4737

Opening Hours: Monday–Friday 9.30am–4.30pm

E: info@sikhsanjog.com

W: <http://www.sikhsanjog.com/>

FB: <https://en-gb.facebook.com/sikhsanjogedinburgh/>

Tw: https://twitter.com/sikh_sanjog?lang=en

Summary: Sikh Sanjog is delivering a remote outreach service, virtual youth club, and one-to-one support to tackle loneliness.

24 Hour National Domestic Violence Helpline

T: 0808 200 0247 (Helpline)

Opening Hours: 24/7 (Helpline)

W: <https://www.nationaldahelpline.org.uk/>

Summary: The Freephone 24 Hour National Domestic Violence Helpline, run in partnership with Women's Aid and Refuge, is a national service for women experiencing domestic violence. Family, friends, colleagues, and others calling on behalf of the abused may also find the helpline useful.

Abuse: LGBT

LGBT Health and Wellbeing

Duncan Place Community Hub

4 Duncan Place

Edinburgh EH6 8HW

T: 0300 123 2523 (Helpline)

Opening Hours: Tuesday and Wednesday 12.00pm–9.00pm, Thursday and Sunday 1.00pm–6.00pm (Helpline)

E: helpline@lgbthealth.org.uk

W: <https://www.lgbthealth.org.uk/services-support/lgbt-helpline-scotland/>

Summary: This service provides information and emotional support to lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland.

Hourglass Scotland

PO Box 29244

Dunfermline KY12 2EG

T: 0808 808 814 (Press 2 for Scotland (Helpline))

Opening Hours: Monday–Friday 9.00am–5.00pm (Helpline)

E: <https://wearehourglass.scot/scotland/contact>

W: <https://wearehourglass.scot/scotland>

FB: <https://www.facebook.com/wearehourglass/>

Tw: <https://twitter.com/wearehourglass>

Summary: The Hourglass Helpline offers free and confidential advice and support on: Financial harm or exploitation, Physical abuse, Emotional or psychological abuse, Sexual harm or abuse and neglect.

Abuse: Slavery

Modern Slavery Helpline

T: 0800 012 1700 (Helpline)

Opening Hours: 24/7 (Helpline)

E: hello@unseenuk.org

W: <https://www.modernslaveryhelpline.org/>

Tw: <https://twitter.com/unseenuk>

Summary: The helpline provides victims, the public, statutory agencies and business access to information and support on a 24/7 basis.

National Stalking Helpline

The Foundry
17-19 Oval Way
London SE11 5RR

T: 0808 802 0300 (Helpline)

Opening Hours: Monday, Tuesday, Thursday, Friday 9.30am–4.00pm,
Wednesdays 1.00pm–4.00pm (Helpline)

E: info@suzylamplugh.org (General Enquiries)

W: <https://www.suzylamplugh.org>

FB: <https://www.facebook.com/suzylamplughtrust/>

Tw: https://twitter.com/live_life_safe

Instagram: https://www.instagram.com/live_life_safe/

YT: <https://www.youtube.com/user/SuzyLamplughTrust>

Summary: If concerned of being stalked find help and advice, click on the links above.

Advocard

c/o Andrew Duncan Clinic
Royal Edinburgh Hospital
Morningside Place
Edinburgh EH10 5HF

AdvoCard

4 Duncan Place
Leith
Edinburgh EH6 8HW

T: 0808 196 3525

E: advocacy@advocard.org.uk

W: <http://www.advocard.org.uk/>

FB: <https://www.facebook.com/AdvoCard>

Tw: <https://twitter.com/advocard1>

Summary: Independent Advocacy is a way to help people have a stronger voice and to have as much control as possible over their own lives.

Staying Safe: Advocacy

CAPS Independent Advocacy CAPS

Old Stables
Eskmills Park
Station Road
Musselburgh EH21 7PQ

T: 0131 273 5118

E: advocate@capsadvocacy.org

W: <http://capsadvocacy.org/>

FB: <https://en-gb.facebook.com/CAPSIndependentAdvocacy/>

Tw: <https://twitter.com/capsadvocacy>

Summary: This independent advocacy organisation provides collective and individual advocacy in East Lothian and Midlothian, while hosting several experience-led projects across Lothian.

EARS Independent Advocacy Service (SCIO)

525 Ferry Road
Edinburgh EH5 2FF

T: 0131 478 8866

Opening Hours: Monday–Friday 9.00am–5.00pm

E: info@ears-advocacy.org.uk

W: <http://www.ears-advocacy.org.uk/>

Summary: Provides free confidential advocacy service across the Lothians. In Edinburgh, advocacy support is available for Survivors of Stroke.

Staying Safe: Advocacy

Edinburgh Carers Council

GF5, 14 Links Place
Great Michael House
Edinburgh EH6 7EZ

T: 0131 322 8480

T: 0131 270 6089

Opening Hours: Monday–Friday 9.00am–5.00pm

E: info@edinburghcarerscouncil.co.uk

W: <http://www.edinburghcarerscouncil.co.uk/>

FB: <https://www.facebook.com/edinburghcarerscouncil>

Tw: <https://twitter.com/EdCarersCouncil>

YT: <https://www.youtube.com/watch?v=FMX3NzeUvnU>

Summary: This independent advocacy service for those with mental health difficulties or using mental health services.

Partners in Advocacy

G/1 Links House
15 Links Place
Edinburgh EH6 7EZ

T: 0131 478 7723/7724

Opening Hours: Monday–Friday 9.00am–5.00pm

E: edinburgh@partnersinadvocacy.org.uk

W: <https://www.partnersinadvocacy.org.uk/>

FB: <https://www.facebook.com/PiAScotland>

Tw: <https://www.twitter.com/PIAScotland>

Summary: This free and confidential service provides independent advocacy to support people to have their voices heard, their opinions respected and to be involved in the important decisions that affect their lives. Click on the links above for more information or to make a referral.

Staying Safe: Advocacy

People First

77-79 Easter Road
Edinburgh EH7 5PW

T: 0131 478 7707

Opening Hours: Monday–Friday 9.00am–5.00pm

E: admin@peoplefirstscotland.org

W: <http://www.peoplefirstscotland.org>

FB: <https://www.facebook.com/People-First-Scotland-220261761669477/?form=MY01SV&OCID=MY01SV>

Summary: Self advocacy and collective advocacy for people with learning difficulties.

Royal Edinburgh Hospital Patients' Council

Morningside Place
Edinburgh EH10 5HF

T: 0131 537 6462

E: info@rehpatientscouncil.org.uk

W: <http://rehpatientscouncil.org.uk>

FB: <https://www.facebook.com/rehpatientscouncil/>

Tw: <https://twitter.com/rehpatients>

Summary: The Patients Council is an advocacy organisation representing the views of hospital service users.

Staying Safe: Advocacy

VoiceAbility

Edinburgh

T: 0300 303 1660

Opening Hours: Monday-Friday, 9.00am-5.00pm

E: helpline.scotland@voiceability.org

W: <https://www.voiceability.org/>

Summary: If you are an unpaid adult carer caring for someone in Edinburgh and want support to understand your rights and have your voices heard.