

Organisation & Contact Details	Area covered	Services available during COVID-19
<p>Talk Now</p> <p> www.talknow.org.uk</p> <p> pat@talknow.org.uk</p> <p> 01355 458272</p>	<p>Glasgow S Lanarkshire E Dunbartonshire Fife Renfrewshire W Lothian E Ayrshire E Renfrewshire Edinburgh Inverclyde N Lanarkshire S Ayrshire</p>	<p>Talk Now provides one to one counselling and support to both male and female survivors of childhood abuse and trauma. We also provide counselling to family members who are affected by abuse.</p>
<p>Rape Crisis Scotland</p> <p> www.rapecrisisscotland.org.uk</p> <p> support@rapecrisisscotland.org.uk</p> <p> 0808 801 0302</p>	<p>Moray</p>	<p>Support to anyone of any gender aged 13 and over who has experienced any form of sexual violence including rape, sexual assault, child sexual abuse, stalking, sexual harassment and more, no matter when it happens. Open 6pm to midnight every day.</p>
<p>Break the Silence</p> <p> www.breakthesilence.org.uk</p> <p> info@breakthesilence.org.uk</p> <p> 01563 559558</p>	<p>E Ayrshire N Ayrshire</p>	<p>Providing telephone support during Covid-19 measures, check-ins, counselling, on-line resources for self-help and still accepting referrals for support.</p>
<p>Wellbeing Scotland</p> <p> www.wellbeingscotland.org</p> <p> info@wellbeingscotland.org</p> <p> 01324 630100</p>	<p>National</p>	<p>We can offer online counselling, telephone counselling, befriending, advocacy and groups (online). We are available Monday to Friday 9 – 5 with evenings as required where there are issues with accessing support through the day. We have a range of resources offering support.</p>
<p>Speak Out Scotland</p> <p> www.speakoutscotland.org</p> <p> info@speakoutscotland.org</p> <p> 07873 258677</p>	<p>National</p>	<p>Complex trauma therapy and emotional support for male survivors of childhood sexual abuse either by telephone or online video (Zoom)</p>
<p>Rape and Sexual Abuse Service Highland (RASASH)</p> <p> www.rasash.org.uk</p> <p> support@rasash.org.uk</p> <p> 03330 066909</p>	<p>Highland</p>	<p>RASASH provides practical and emotional support and information for survivors of rape, sexual violence and childhood sexual abuse whether recent or historic to anyone aged 13+. Confidential support is available Monday, Tuesday, Thursday, Friday throughout the day and Wednesday mornings.</p>

<p>Moira Anderson Foundation</p> <p> www.moiraanderson.org</p> <p> info@moiraanderson.org</p> <p> 01236 602890</p>	<p>Glasgow N Lanarkshire S Lanarkshire</p>	<p>We are continuing to provide on-going support, counselling, therapy and group support (limited). We are doing this via telephone/video calls and email.</p>
<p>Argyll and Bute Rape Crisis</p> <p> www.ab-rc.org.uk</p> <p> support@ab-rc.org.uk</p> <p> 07741 645530 (9am – 4pm)</p>	<p>Argyll & Bute</p>	<p>We provide support to all survivors of sexual trauma, including, rape, sexual assault and childhood sexual abuse whether the abuse is recent or historic. The service is also available to non-offending family members.</p>
<p>Western Isles Rape Crisis Centre</p> <p> info@wircc.org.uk</p> <p> 01851 709965</p>	<p>Western Isles</p>	<p>WIRCC offer telephone support to all survivors in the Western Isles. We are also happy to provide a listening ear for anyone in our community who feels isolated or alone and would like to receive a friendly chat. If you leave your first name only and telephone number slowly and clearly, we will get back to you as soon as we are able.</p>
<p>Stirling and District Women's Aid</p> <p> www.stirlingwomensaid.co.uk</p> <p> info@stirlingwomensaid.co.uk</p> <p> 01786 469518</p>	<p>Stirling Clackmannan-shire</p>	<p>Stirling and District Women's Aid offer support, information, advice and advocacy for women and their children who have been physically, emotionally or sexually abused by a partner or former partner. During the current outbreak of Covid-19 offer supports over the phone or via email, snapchat, Facebook, messenger etc.</p>
<p>Health Opportunities Team</p> <p> getsupport@health-opportunities.org.uk</p> <p> www.health-opportunities.org.uk</p>	<p>Edinburgh</p>	<p>HOT are operating a limited phone-based support service during this period. Young people (aged 12-25) in Edinburgh can email getsupport@health-opportunities.org.uk with a request for support and they will be given a phone appointment between 4pm - 8pm Wednesdays or 3.45-6pm Thursdays.</p>
<p>SAY Women</p> <p> www.say-women.co.uk</p> <p> enquiries@say-women.co.uk</p> <p> 0141 552 5803</p>	<p>E Dunbartonshire W Dunbartonshire Glasgow S Lanarkshire Renfrewshire</p>	<p>We can offer emotional support and crisis interventions to young women aged 16 to 25 who are survivors of sexual abuse and who are homeless or at risk of homelessness.</p>

<p>Women's Rape and Sexual Abuse Centre, Dundee and Angus</p> <p> www.wrasac.org.uk</p> <p> support@wrasac.org.uk</p> <p> 01382 205556</p>	<p>Dundee Angus</p>	<p>Phone, email, video and live chat support to women and young people with experience of rape, sexual abuse and exploitation. Referrals can be made by phone, email or live chat.</p>
<p>Thriving Survivors</p> <p> www.thrivingsurvivors.co.uk</p> <p> 0141 237 5776</p>	<p>Glasgow N Lanarkshire S Lanarkshire Renfrewshire</p>	<p>Thriving Survivors recognises that people will need extra support during these unprecedented and unpredictable times and as such we will be offering practical and emotional support to those who need it most. Weekly telephone support will be offered to all.</p>
<p>Survivors Unite - Safe Oaks Project</p> <p> survivorsunite@outlook.com</p> <p> 07921 058675</p>	<p>Scottish Borders</p>	<p>Safe Oaks supports adults in the Scottish Borders who experienced sexual abuse in childhood through counselling, 1:1 peer support and a weekly facilitated peer support group. At present, due to capacity we can only offer emotional support by phone to people out with the service.</p>
<p>Scottish Borders Rape Crisis Centre</p> <p> www.scottishbordersrapecrisis.org.uk</p> <p> support@sbrcc.org.uk</p> <p> 01896 661070, call/text 07584 149391</p>	<p>Scottish Borders</p>	<p>Emotional and practical support, information, and advocacy for those who have experienced any form of sexual violence at any time in their lives. Sunrise: services for self-identifying female survivors aged 18+. Unity: services for young people of any gender/gender identity aged 12 to 18.</p>
<p>Orkney Blide Trust</p> <p> www.blidetrust.org.uk</p> <p> admin@blidetrust.org</p> <p> 01856 874874</p>	<p>Orkney</p>	<p>Orkney Blide Trust provides member-led support for people (aged 16 plus) with lived experience of mental health problems. We promote mental well-being through active personalised support focused on strengths & recovery, encouraging individuals to participate in society on equal terms.</p>
<p>Edinburgh Women's Aid</p> <p> www.edinwomensaid.co.uk</p> <p> info@edinwomensaid.co.uk</p> <p> 0131 315 8110</p>	<p>Edinburgh</p>	<p>We provide practical and emotional support to any woman, child or young person affected by domestic abuse or anyone worried about someone who is affected by domestic abuse. We take direct referrals from women, children and young people and also referrals from services.</p>