

# Are you afraid of a current or ex-partner?



**POLICE SCOTLAND**

For Emergencies dial 999  
For Non-Emergencies dial 101  
Text Relay 1 800 1101

Domestic Abuse Investigation Unit  
01324 574905

**POLICE SCOTLAND**



**scottish  
women's aid**

Clackmannanshire: 01259 721407  
Stirling: 01786 469518  
Falkirk: 01324 635661



**safe to  
speak**

scotland's  
domestic  
abuse and  
forced  
marriage  
helpline

24 hour  
0800  
027 1234

Call: 0800 027 1234

Email: [helpline@ndafmhs.org.uk](mailto:helpline@ndafmhs.org.uk)

**WORRIED**

that your partner could be abusive?



The Disclosure Scheme for Domestic Abuse Scotland gives you the right to ask if your partner has a history of domestic abuse. Find out more: [www.scotland.police.uk](http://www.scotland.police.uk)

FORTH VALLEY  
**Rape Crisis Centre**



Call: 01786 439244

Email: [contact@forthvalleyrapecrisis.org.uk](mailto:contact@forthvalleyrapecrisis.org.uk)



Scottish  
Women's  
Rights  
Centre

Free confidential  
legal helpline for  
women who have  
been affected by  
violence or abuse

Freephone: 08088 010789

[www.scottishwomensrightscentre.org](http://www.scottishwomensrightscentre.org)



**Victim Support  
Scotland**

Victim Support Central  
Clacks & Stirling: 01786 445782  
Falkirk: 01324 633433



Revenge Porn  
**Helpline**

Free, confidential advice and support for  
over 18's to minimise the reach, and some  
of the harm caused by revenge porn.

Phone: 0845 6000 459

Email: [help@revengepornhelpline.org.uk](mailto:help@revengepornhelpline.org.uk)



Shakti Women's Aid  
Help for BME Women,  
children and young people  
who are experiencing or have  
experienced, domestic abuse.

Outreach service available in Forth Valley,  
call 07757 035794

Edinburgh Office: 0131 475 2399

Email: [info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)

**RESPECT**

MEN & WOMEN WORKING TOGETHER  
TO END DOMESTIC VIOLENCE

Offers advice, information and  
support to perpetrators of domestic  
abuse as well as their (ex)partners and  
frontline workers  
Call: 0808 802 4040



email: [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

web: [www.lgbtyouth.org.uk/domesticabuse](http://www.lgbtyouth.org.uk/domesticabuse)

**Trafficking Awareness  
Raising Alliance (TARA)**

Support for women over 18 who have  
been trafficked for commercial sexual  
exploitation.

Call: 0141 276 7724

Email: [corporateVAW@drs.glasgow.gov.uk](mailto:corporateVAW@drs.glasgow.gov.uk)



Poster created by

**Clackmannanshire**

Violence Against  
Women  
Partnership

## Don't suffer alone, help is available!

Are you worried about yourself or someone you care about?



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01324 574905



Freephone: 0808 800 0024  
Email: [contact@amis.org.uk](mailto:contact@amis.org.uk)



**Men's Advice Line**  
Advice and support for men  
experiencing domestic violence  
and abuse

Phone: 0808 801 0327  
Email: [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)

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Men working to end violence  
against women.

Sign the pledge to never  
commit, condone or remain  
silent about violence against  
women in all its forms at  
[www.whiteribbonscotland.org.uk](http://www.whiteribbonscotland.org.uk)



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Falkirk: 01324 633433



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Clackmannanshire  
Violence Against  
Women  
Partnership

Reach out, help is available!

# Where to go for help?



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Stirling: 01786 469518  
Falkirk: 01324 635661



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Sign the pledge to never commit, condone or remain silent about violence against women in all its forms at [www.whiteribbonscotland.org.uk](http://www.whiteribbonscotland.org.uk)



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Free confidential legal helpline for women who have been affected by violence or abuse

Freephone: 08088 010789  
[www.scottishwomensrightscentre.org](http://www.scottishwomensrightscentre.org)



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Fearless is a domestic abuse support service for any man, LGBT+ person or anyone from an BME community.

Call: 0131 624 7266  
Email: [fearlessinfo@sacro.org.uk](mailto:fearlessinfo@sacro.org.uk)  
Web: [www.fearless.scot](http://www.fearless.scot)



Shakti Women's Aid  
Help for BME Women, children and young people who are experiencing or have experienced, domestic abuse.

Outreach service available in Forth Valley, call 07757 035794  
Edinburgh Office: 0131 475 2399  
Email: [info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)

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Wellbeing Scotland (incorporating Open Secret) offers a wide range of holistic services for individuals and families whose life experiences have impacted negatively on their life.

Call: 01324 630100  
Email: [info@wellbeingscotland.org](mailto:info@wellbeingscotland.org)



Clackmannanshire  
Council

Domestic abuse is the leading cause of homelessness in women.

Call the housing options team on 01259 225115



email: [info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)

web: [www.lgbtyouth.org.uk/domesticabuse](http://www.lgbtyouth.org.uk/domesticabuse)



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