



Child Sexual Abuse and Exploitation Directory of Support Services

**Getting it Right
in Perth and Kinross**
Helping children be the best they can be



1 August 2018



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Who is this directory for?

This directory is for anyone in direct contact with children, young people and families. Families and caregivers also may benefit from this directory as it provides direct contact details for a number of local and national organisations offering support and information.

How to use this directory

Child Sexual Abuse (CSA) and Child Sexual Exploitation (CSE) can affect any child or young person. It can have devastating consequences upon children, young people, their families and communities. This directory has been designed to give workers and caregivers within Perth & Kinross information about CSA and CSE and details of services which can provide support, information, advice and advocacy. A separate directory for young people will also be made available on the [Perth and Kinross Council Website](#).

As someone responsible for the safeguarding of children and young people, it is important that you are able to access support or information which helps you in identifying and / or responding to abuse and exploitation. Further information and advice on CSA and CSE and a [CSE Toolkit](#) can be found in this directory. Contact details and information is also provided for a number of local and national services.

Each local service has a label which will assist you in identifying the right service for a child / young person, their families / caregivers and workers.

*Support for
young people*

What is Child Sexual Abuse (CSA)?

Child Sexual Abuse

Sexual abuse is any act that involves the child or young person in any activity for the sexual gratification of another person, whether or not it is claimed that the child or young person either consented or assented.

Sexual abuse involves forcing or enticing a child or young person to take part in sexual activities, whether or not the child or young person is aware of what is happening.

The activities may involve physical contact, including penetrative or non-penetrative acts. They may include non-contact activities, such as involving children or young people in looking at, or in the production of, pornographic material or in watching sexual activities, using sexual language towards a child or young person or encouraging children and young people to behave in sexually inappropriate ways.

Potential Indicators of Child Sexual Abuse

Indicators of sexual abuse are not always obvious. However, the following physical and general indicators may be signs of trauma caused by sexual abuse:

Physical Indicators

- injuries to the genital area;
- infections or abnormal discharge in the genital area;
- complaints of genital itching or pain;
- depression and withdrawal;
- wetting and soiling, day and night;
- sleep disturbances or nightmares;
- recurrent illnesses, especially venereal disease;
- anorexia or bulimia;
- pregnancy;
- phobias or panic attacks

General Indicators

- self-harming;
- exhibiting sexual awareness inappropriate for age of child or young person;
- acting in a sexually explicit manner e.g. very young child inserting objects into their vagina;
- sudden changes in behaviour or school performance or attendance;
- displays of affection which are sexually suggestive;
- tendency to cling or need constant reassurance;
- tendency to cry easily;
- regression to earlier behaviour such as thumb sucking, acting as a baby;
- distrust of a familiar adult or anxiety about being left with a relative, babysitter or lodger;
- unexplained gifts or amounts of money;
- secretive behaviour;
- period of going missing / truancy from school
- fear of undressing for gym classes or swimming lessons.

What is Child Sexual Exploitation (CSE)?

Child Sexual Exploitation (CSE) is Child Sexual Abuse.

*CSE has two distinctive characteristics - **exploitation and exchange**.*

Child sexual exploitation is a form of child sexual abuse in which a person(s), of any age, takes advantage of a power imbalance to force or entice a child into engaging in sexual activity in return for something received by the child and / or those perpetrating or facilitating the abuse. As with other forms of child sexual abuse, the presence of perceived consent does not undermine the abusive nature of the act.

Note: This is not necessarily considered to be an all-inclusive or exhaustive list of possibilities.

What does Child Sexual Exploitation (CSE) involve?

CSE is a **complex issue** and can affect any child or young person; male or female; anytime; anywhere - regardless of their social; economic or ethnic background.

CSE should not be seen in isolation, but in the wider context of vulnerability and risk.

CSE is often hidden and can involve features of **violence, coercion and intimidation**.

Involvement in exploitative relationships are characterised in the main by the child or young person's limited availability of choice, resulting from their social; situational; psychological; physical; economic and / or emotional vulnerability.

CSE can also occur through the use of **technology** and without the child's immediate recognition, e.g. being persuaded to post sexual images of themselves on the internet / mobile phones without any immediate payment or gain.

CSE perpetrators have **power** over their victims by virtue of their age; gender; intellect; physical strength; and / or economic or other resource. The gain for those perpetrating or facilitating CSE can include financial benefit; sexual gratification; status or control.

Victims of CSE **rarely disclose** their abuse. This may be due to fear or even them not recognising they are a victim of CSE, or they may consider themselves to be in a loving adult relationship with the abuser. The **sophisticated grooming** and priming processes conducted by the perpetrators and the **exchange element** can also act as additional inhibitors and / or barriers to disclosure.

In some CSE cases, the sexual abuse may take place between the victim and the perpetrator; in other CSE cases the victim may be passed between two or more perpetrators and in some CSE cases this may be organised by criminal gangs or organised groups.

Who Abuses?

Abusers

Somebody may abuse or neglect a child by inflicting, or by failing to act to prevent, significant harm to the child or young person. Children and young people may be abused in their family or in an institutional setting, by those known to them or by a stranger. They may be abused by an individual or a number of individuals. The individual could be of any age and either sex / gender. Some children and young people may present a risk of harmful sexual behaviour to other children / young people. This may stem from that child or young person experiencing CSA or CSE themselves.

In the majority of CSA and CSE instances, the abuser is known to their victim. Increasing incidents are however happening online. The abuser may be in a position of power and / or trust. Abusers target children, young people and their family members for the purpose of abusing. Increasing incidents are happening through the use of technology. These are often out with the immediate recognition of the child or young person and their family.

Abusers may groom their victims. Grooming involves the abuser hiding their true intentions to gain the trust of their victims and their families. Abusers may achieve this through: giving positive attention; offering advice or understanding; buying gifts or taking them on outings; using their position of trust and / or pretending to be someone they are not e.g. saying they are the same age online.

Once they have established trust, groomers may introduce secrets, intimidation and threat to control children and young people in an attempt to continue the abuse and / or stop the child or young person from disclosing the abuse.

Remember, CSE is abuse and a child protection concern. No child or young person can consent to their own abuse. SEE BEYOND.

[Perth and Kinross Practitioner's CSE Guide and OnLine Toolkit](#)

Keeping Children Safe and Protected

All children and young people have the right to be cared for; protected from harm and abuse and to grow up in a safe environment, in which their rights are respected, their [wellbeing](#) needs are met and they are ***protected from harm and abuse***.

Children and young people should ***get the help they need, when they need it, for as long as they need it***. They should also ***get the right help, at the right time, from the right people*** and their welfare is always paramount.

Within in Perth and Kinross, supporting the [wellbeing](#) of all children and young people and ***protecting them from harm and abuse*** is ***everyone's job and everyone's responsibility***. We consider this to be a shared responsibility for all practitioners and managers working across the public, private and third sectors.

Child Protection

If you are worried or concerned about the welfare or protection of a child or young person, you should, in the first instance, share that worry or concern with your Line Manager / Supervisor/ Designated Child Protection Officer. Thereafter, child protection procedures should be followed without any unnecessary delay.

You should contact the [Perth and Kinross Child Protection and Duty Team](#) or [Police Scotland](#):

Perth and Kinross Child Protection and Duty Team - (24 hours)	01738 476768
Police Scotland Non - Emergency Number	101
In an Emergency	Call 999

[Perth and Kinross Information and Advice Leaflet: Child Protection Duty Team](#)

Specialist Local Services:

Service: RASAC Perth & Kinross

Business Tel: 01738 626260

Helpline Tel: 01738 630965

E-mail: rasacpk@gmail.com

Address: 18 King Street, Perth. PH2 8JA

Web: www.rasacpk.org.uk/

Facebook: <https://en-gb.facebook.com/rasacperth/>



RASAC (P&K) offers free and confidential support, information and advocacy services to anyone who identifies as a woman age 12+ and boys 12-18 years who has experienced sexual violence at any time in their lives. If this has happened to you in any way, at any time then you can contact our centre. For anyone considering reporting or who is already involved in the Justice process, an advocacy project is available. Our service is able to provide support and information through the reporting and court process.

Family support sessions are available as well as individual support to workers, supportive friends, family members and partners.

A resource library is also accessible for workers and supporters of survivors.

RASAC Youth Initiative works with young people age 12-18 across Perth & Kinross delivering a series of prevention workshops which address a range of issues including Gender Inequality, Childhood Sexual Abuse, Consent, Internet Safety and Sexualisation. Training is also available to workers. Please contact for further information.

*Support for
young people*

*Support for
families*

Specialist Local Services:

Service: REACH Team

Tel: 01738 474590

E-mail: GMcKendrick@pkc.gov.uk

Address: Perth & Kinross Council



REACH Team

REACH is a new multi-disciplinary team for young people aged 12-18 who are on the edge of care and at risk of becoming looked after.

REACH will bring together a team of dedicated professionals to provide individualised support to help young people to stay within their families, schools and communities to prevent the need to move into care. The long term aim is to enable them to flourish as resilient and resourceful young adults.

A new holistic approach to reaching out to vulnerable young people will support them through difficult life circumstance, family problems and help reduce high risk behaviours. By helping young people to stay with their families, schools and communities REACH will aim to improve the outcomes and opportunities for those young people.

REACH will integrate care and outreach support and provide intensive, coordinated and flexible support to young people and their families within their own homes and communities.

The REACH team will be multi-disciplinary and will bring together a range of professional expertise into one team and allow young people to get a wide range of specialist support in one place. This will help reduce delays in getting all of the right help at the right time and reduce the need for young people and families to be referred to multiple agencies. REACH aims to be highly responsive, highly mobile and highly flexible.

*Support for
young people
and families /
caregivers*

Additional Local Services:

Service: PKC Child Protection and Duty Team

Tel: 01738 476768

E-mail: Childprotection@pkc.gov.uk

Address: Almondbank House, Lewis Place, Perth, PH1 3BD

Web: www.pkc.gov.uk/childprotection



Children and young people have the right to be cared for and protected from harm and abuse. Most children and young people get all the help and support they need from their parents, carers and families. Sometimes they may need further help and support.

What do we do?

As part of a 24 hour service the Child Protection Duty Team:

- Provides information, advice and guidance in relation to any worries or concerns raised about the care of children or young people;
- Undertake investigations and assessments to identify what support can be offered to children and young people by Council Services or by other partner organisations;
- Undertake child protection investigations where worries or concerns have been received about a child or young person.

*Support for
young people
and families /
caregivers*

Service: Police Scotland – Public Protection Unit (PPU)

Tel: 101 (non-emergency) or 999 (emergency)

Address: Please visit the Police Scotland [Police Stations](http://www.scotland.police.uk) webpage for addresses of individual Police Stations / Offices.

Web: <http://www.scotland.police.uk/keep-safe/child-protection/>



Whilst the Public Protection Unit has specialist staff within local units, the responsibility for child protection is the responsibility of each and every employee of the Police Service of Scotland.

Child protection concerns are a priority for the Police Service of Scotland. All such matters will be handled with sensitivity and professionalism, with the needs of the child at the heart of all actions and decisions.

There are a number of ways to report child abuse. You can contact social services, the Police or speak to a doctor, nurse, teacher or community worker.

If you are a child or young person you can ring Childline on 0800 1111.

If you are an adult and worried about a child you can call the 24 hour NSPCC helpline on 0808 800 5000 or Crimestoppers on 0800 555 111.

In an emergency call 999.

*Support for
young people
and families /
caregivers*

Additional Local Services:

Service: Family Change Service

Tel: 01738 783450

E-mail: agosse@pkc.gov.uk

Address: Colonsay House, 36 Colonsay Street, Perth, PH1 3TU



Family Change can provide a direct service to children and young people who have been significantly affected by traumatic events such as sexual abuse; emotional and physical abuse; loss and bereavement.

Family Change undertakes direct work with children and young people and adults, either individually or as a family group. Family Change staff has extensive social work experience in working with vulnerable children and advanced qualifications relevant to therapeutic work with children and young people. Much of the work undertaken with children and young people uses play as a medium of communication.

The Family Change Service can provide a consultation / case discussion service to professionals e.g. education / health / third sector. Referrals to Family Change for direct work can be made by the allocated Social Worker / Child Protection and Duty Team.

*Support for
children and young
people and their
families /
caregivers*

Further information can be obtained by contacting Allison Gosse, Family Change Team Leader on Tel: 01738 783450 or by email: agosse@pkc.gov.uk

Service: PKC Educational Psychology Service

Tel: 01738 476242

E-mail: ecspsychologists@pkc.gov.uk

Address: 2 High Street, Perth, PH1 5PH

Web: www.pkc.gov.uk/eps



The service aims to enhance the learning, development and emotional wellbeing of children and young people in Perth and Kinross. The primary focus is on overcoming barriers to learning, with interventions to promote learning, development, resilience and wellbeing.

Every school community has a Link Educational Psychologist who provides support and advice to:

- School staff and other professionals
- Partnership nurseries are also able to contact the Service
- Children, Young People and Parents can access the Service direct
- A consultation services is provided to Perth College and other agencies

*Support for
young people*

Additional Local Services:

Service: Relationship, Sexual Health & Parenthood Services, CAIR Scotland

Tel: 01738 451594

E-mail: Kirstie.howell@cairscotland.org.uk

Address: 80 Princes Street, Perth. PH1 8LH

Web: www.cairscotland.org.uk

Facebook: <https://en-gb.facebook.com/thewebprojectperth/>



- We are a confidential project who provide a sexual health intervention and support services to young people 10-18 years old. We also provide sexual health education sessions for young people.
- Alongside this we provide a one to one service to those aged 12-24 experiencing problems with their substance use. Young people can self-refer or any professional, carer or parent can refer in to the service.
- We run a drop in on a Thursday evening 4-6pm for young people aged 10-24 where we provide pregnancy testing, C Card, Gonorrhoea and Chlamydia postal testing and a listening ear.

*Support for
young people*

Service: CAMHS – Child & Adolescent Mental Health

Tel: 01738 458950

E-mail: tay-uhb-perthcamhsadmin@nhs.net

Address: 19 Dudhope Terrace, Dundee. DD3 6HH

Web: www.nhstayside.scot.nhs.uk/OurServicesA-Z/CAMHS/index.htm



CAMHS offers assessment and treatment for Children and Young People up to the age of 16 or 18 if they are still at school. Children, young people and families can access CAMHS through a wide range of workers – school, paid staff from voluntary agencies, social work, school nurse or GP.

*Support for
young people
and their families
/ caregivers*

Additional Local Services:

Service: Services for Young People @ Scott Street

Tel: 01738 474580

E-mail: 4U@ScottStreet@pkc.gov.uk

Address: 68 – 86 Scott Street, Perth. PH2 8JW

Web: <http://www.pkc.gov.uk/article/18600/-Scott-Street>


Facebook: www.facebook.com/Services-for-Young-People-Scott-Street-183134218542572/?ref=br_rs&hc_ref=SEARCH



Services for Young People @ Scott Street; Opening Times: Monday – Friday 10:00 am – 5:00 pm

What Do We Do?

- The core aim of the Youth Work Section @ Scott Street is to provide information and support to young people to enable them to work toward positive destinations, make informed choices and overcome barriers to their personal development.
- The youth work team do this by working with young people on an individual or group basis to identify needs and work toward achievable goals. This process is done with the young person being involved in the conversation from the start and choosing to participate in agreed activities or appointments with youth work staff. A counselling approach may also be used to support young people where appropriate.
- Young people can self-refer, or meet with us through a referral from another organisation, including schools.
- To ensure young people have access to relevant and appropriate support, a number of agencies run drop-in sessions at different times during the week. These are focused on specific issues such as health or housing and allow young people the chance to access information in a familiar and friendly environment.
- The team also run small groups and activities aimed at encouraging young people to develop confidence, gain skills and access employment or education opportunities. We will also signpost or refer to other agencies or providers where appropriate.



*Support for
young people*

Additional Local Services:

Service: Cool 2 Talk

Web: www.cool2talk.org/



- Cool2talk is an interactive website for **young people** in Tayside. Its aim is to provide health information and raise awareness of local services. It allows young people to submit questions **anonymously on any health related issue** and receive replies from a **professional worker within 24 hours**; there is also a **121** live chat option **with a counsellor** available from 6.00 pm – 8.00 pm **on a Wednesday only. Cool2talk is not an emergency service.**
- Relationships with our children can change whilst they are growing up to become young adults. Establishing good communications enables young people to feel more comfortable in broaching sensitive issues. This can be difficult to achieve and parents / carers often lack the confidence and access to accurate information to address topics including sex, drugs and relationships.
- Cool2talk is keen to ensure that parents/carers can have access to health information through its limited websites and that this will be helpful in assisting communications with children and young people.

*Support for
young people
and families /
caregivers*

Information, cards & posters available from allison.stewart@nhs.net

Additional Local Services:

Service: Harbour Counselling Service Perth

Tel: 01738 449102

E-mail: office@harbourperth.org.uk

Address: Shore Road, Perth. PH2 8BD

Web: www.harbourperth.org.uk/about-counselling



What is counselling?

The British Association for Counselling and Psychotherapy definition is:

- "Counselling and psychotherapy are umbrella terms that cover a range of talking therapies. They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their wellbeing."
- It's good to talk - simply talking to someone about our problems can really help us come to terms with them. Most of us can deal with changes and problems in living and move on but sometimes there are situations that are too difficult and overwhelming, and that is when talking can make such a difference.
- Talking to a counsellor is an opportunity to focus on your thoughts and feeling in the presence of a trained professional in time and space outside your situation.

What can Harbour offer?

- The Harbour Counselling Service offers an independent and confidential counselling service, completely free of charge.

Who can attend for counselling?

- Anyone in need over the age of 16 yrs

*Support for
young people
age 16+*

Additional Local Services:

Service: Mindspace

Tel: 01738 631639

E-mail: info@mindspacepk.com

Address: 18 – 20 York Place, Perth. PH2 8EH

Web: <http://mindspacepk.com/>

Facebook: <https://www.facebook.com/Mindspace-110960469017139/>



Mindspace offers 1:1 counselling to young people who are facing a wide range of difficulties or challenges such as:

- Isolation, anxiety or depression
- stress at school or difficulties in family or peer relationships
- Bereavement or loss

Mindspace has also created a specialist programme of support for Young People aged between 11 and 18. This programme offers the opportunity to understand aspects of their Mental Health, explore strategies to cope with poor mental health, build confidence in order to support them in realising their potential.

*Support for
young people*

Service: Rowan Consultancy Perth

Tel: 01738 562005

E-mail: Rowan@rowan-consultancy.co.uk

Address: 4 Kinnoull Street, Perth. PH1 5EN

Web: www.rowan-consultancy.co.uk/default.htm

Facebook: www.facebook.com/RowanConsultancy



Rowan Consultancy's young people's counsellors support children and young people aged between 4 and 18 and their office hours are 9am to 4pm Monday to Friday, Counsellors do offer appointments during these times and in the evenings and at weekends.

*Support for
young people
and families /
caregivers*

Additional Local Services:

Service: Samaritans of Perth

Tel: 01738 626666

E-mail: jo@samaritans.org

Address: 3 Kings Place, Perth. PH2 8AA

Web: www.samaritans.org/branches/samaritans-perth

Facebook: <https://www.facebook.com/samaritanscharity>



How can we help you

Talk to us anytime you like, in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal.

*Support for
young people
and families /
caregivers*

Service: Sexual Health Services

Tel: 01382 425542

Address: Drumhar Health Centre, North Methven Street,
Perth. PH1 5PD

Web: <http://www.sexualhealthtayside.org/sexual-reproductive-health/>
<http://www.menonlytayside.com/>



Monday: Drop in 9.00 am – 3.30 pm

(Young Persons LINC Clinic (under 18 years) drop in 3.30 pm – 6.00 pm)

Tuesday: Drop in 9.00 am – 3.30 pm

(MOT (Men Only Tayside) 4.30 pm – 6.30 pm)

Wednesday: Drop in 9.00 am – 4.30 pm

Thursday: Drop in 9.00 am – 4.30 pm

What's on offer?

- Free confidential, self-referral service for everyone of any age
- All methods of contraception
- Screening & Treatment for Sexually Transmitted Infections (STIs)
- HIV Testing
- Sexual Health advice & information
- Free Condoms & dams for oral sex
- Emergency Contraception, including IUD fitting ('the coil')
- Pregnancy Testing
- Referral for Termination of Pregnancy (TOP)
- Support for unplanned pregnancy
- Learning Disability clinic
- Men Only Tayside clinic
- Young People's clinic (LINC). Sexual health worker from the WEB project attends fortnightly

*Support for
young people*

Additional Local Services:

Service: Strathmore Centre for Youth Development

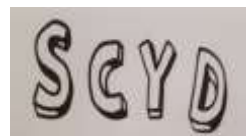
Tel: 01250 872121

E-mail: admin@scyd.org.uk

Address: Wellmeadow House, Gas Brae, Blairgowrie,
PH10 6AY

Web: www.scyd.org.uk

Facebook: www.facebook.com/SCYDBlairgowrie



Established in 2005 SCYD is a central, one-stop-shop for young people aged 11-25 to access services, information and support.

Since moving into Wellmeadow House SCYD has become a busy community hub serving the people of the Strathmore area. With a full programme of events and occasions there's always some-thing for everyone on offer from relaxing and enjoying the view and the tasty treats in Wellmeadow Café to volunteering with the Events Team at local community events.

*Support for
young people*

Service: Victim Support Scotland

Tel: 01738 567171

E-mail: Victimsupport.perth&kinross@victimssupportsco.org.uk

Address: Unit B1, Highland House, St Catherine's Road, Perth. PH1 5YA

Web: www.victimssupportsco.org.uk

Facebook: <https://www.facebook.com/VictimSupportSco>



Victim Support is a free confidential service available to all victims of crime whether or not the crime has been reported to the police and even if it happened many years ago. We will listen, understand and provide emotional support. And if your case goes to court we will help you to understand the criminal justice procedures, support you in court and can help you with criminal injury compensation claims.

*Support for
young people
and caregivers*

National Services:

Service: Barnardo's Safer Choices

Tel: 0141 243 2393

Address: 91 Mitchell Street, 3rd Floor Rear, Glasgow
G1 3LN

Web: www.barnardos.org.uk/sexualexploitation



Barnardo's works to identify, support and reach out to young people who are involved in as well as at risk of involvement in child sexual exploitation. By showing concern and building trust, staff are able to support children and young people to break free of abusive and exploitative relationships. Children and young people are offered a range of therapeutic interventions including one-to-one, group-work sessions as well as structured support via our work in schools and children's units specifically. We also undertake return interviews with children and young people to reduce incidences of missing from home/care and reduce the risk of children and young people becoming subject to sexual exploitation. Barnardo's website has information on child sexual exploitation: www.barnardos.org.uk/sexualexploitation

Service: Breathing Space

Tel: 0800 83 85 87

Address: NHS24, Clydebank; Cardonald and South
Queensferry

Web: www.breathingspace.scot/



Breathing Space provides a confidential phone line service between 6.00 pm and 2.00 am Monday to Friday and from 6.00 pm on Friday's until 6.00 am on Monday Mornings. They also offer a web-based service for issues on mental health and wellbeing. It is aimed at young men but not exclusively, and also family, partners and friends who are concerned. It offers assistance at an early stage in order to stop problems escalating, as well as empathy, understanding and advice through active listening. It attempts to instil hope when none exists. It provides direction for those who do not know where to seek help.

National Services:

Service: Childline (NSPCC)

Tel: 0800 11 11

Address: NSPCC Weston House, 42 Curtain Road, London.
EC2A 3NH

Web: www.childline.org.uk



If a child is worried about people finding out about the abuse or is not ready to tell somebody just yet, they can speak to a ChildLine counsellor on 0800 1111. The counsellor will listen and support them like a friend would. ChildLine is a private and confidential service which means that what you say stays between you and ChildLine. It is free to call and the number won't show up the phone bill, including mobiles. A child can also chat online. If a child would like to report the abuse, ChildLine can help them do that. ChildLine has information on child sexual abuse on their website:

www.childline.org.uk/Explore/AbuseSafety/Pages/Sexualabuse.aspx

Service: Children 1st

Tel: 0131 446 2300

E-mail: cfs@children1st.org.uk

Address: 83 Whitehouse Loan, Edinburgh. EH9 1AT

Web: www.children1st.org.uk/

Facebook: <https://www.facebook.com/children1st>



We began in 1884 and for many years were known as the RSSPCC (Royal Scottish Society for the Prevention of Cruelty to Children). We became Children 1st in 1995. We did this to say that children are at the heart of everything we do. And that not only do we want to prevent harm - we also want to ensure every child gets the love and nurture they deserve.

We help Scotland's families to put children first, with practical advice and with support in difficult times. And when the worst happens, we support survivors of abuse, neglect, and other traumatic events in childhood, to recover.

Children 1st's **ParentLine** service is Scotland's free helpline, email and web-chat service for anyone caring for or concerned about a child, but it's not just for parents – we also take calls from grandparents, uncles, aunts, family friends, neighbours and professionals.

Contact us

- Call free: 08000 28 22 33
- Email: parentlinescotland@children1st.org.uk
- Text-chat: 07860 022844 (standard network charges apply)
- Web-chat at www.children1st.org.uk/what-we-do/how-we-help/parentline-scotland/

National Services:

Service: The Mix

Tel: 0808 808 4994

Web: www.themix.org.uk



The site offers 1-1 live chat as well as option to send email or message

The Mix operates a helpline service for young people from 11am-11pm. The Mix is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.

Service: Shelter Scotland

Tel: 0344 5152455

E-mail: safeandsound@shelter.org.uk

Web: <http://scotland.shelter.org.uk/>



The Safe and Sound Project is a partnership between Shelter Scotland and Relationships Scotland that tackles challenges faced by young people resulting from housing instability and family relationship breakdown. The Safe & Sound Project works to:

- Prevent the negative impacts of unsettled family life that lead to youth homelessness
- Offer young people a safe route back home, where appropriate
- Support young people who need to move away, in setting up and maintaining tenancies

Through family mediation, help to improve communications and skills in conflict resolution within the family environment.

National Services:

Service: NSPCC

Tel: 0808 800 5000

E-mail: help@nspcc.org.uk

Address: 62 Templeton Street, Glasgow. G40 1DA

Web: www.nspcc.org.uk

Facebook: <https://en-gb.facebook.com/nspccscotland/>

The NSPCC logo is displayed in a bold, green, sans-serif font.

If anyone has concerns about a child's safety and wellbeing, including a child in your family, it can be reported to NSPCC online at: www.nspcc.org.uk/what-you-can-do/report-abuse/

Alternatively, you can call 0808 800 5000. The NSPCC has information on its website specifically about child sexual exploitation: www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-sexual-exploitation

Service: PACE (Parents against child sexual exploitation)

Tel: 0113 240 5226

E-mail: info@paceuk.info

Address: Waverley House, Unit 10, Killingbeck Drive,
Leeds. LS14 6UF

Web: www.paceuk.info/about-cse/grooming-models/

The Pace logo features the word 'Pace' in a large, multi-colored font (blue, orange, pink, blue). Below it, the text 'Parents against child sexual exploitation' is written in a smaller, grey font.

Pace has a long history of working collaboratively with the police and social services and looks forward to further cooperation with more agencies. We offer training and guidance as well as accepting direct referrals from parents who could benefit from support.

National Services:

Service: Rape Crisis Scotland

Tel: 08088 01 03 02 (free number) every day, 6.00 pm to midnight

E-mail: support@rapecrisisscotland.org.uk

Address: 46 Bath Street, Glasgow. G2 1HG

Web: www.rapecrisisscotland.org.uk



Our helpline offers free and confidential support and information by phone or email. It is for anyone aged 13 and over of any gender, who has been affected by sexual violence, no matter when or how it happened. We can also put you in touch with local rape crisis centres or other services if you need longer-term support. The helpline has a Deaf Access service every Tuesday from 1.30-5pm – you can see full details of this service at tiny.cc/molgiy. We can arrange for language interpreters if your first language is not English. Phone free any day between 6.00 pm and midnight on 08088 01 03 02 or if you are deaf or hard of hearing please text us on 07537 400702 or email support@rapecrisisscotland.org.uk

Service: Living Life – Adult Psychological Therapies Service

Tel: 0800 328 9655 Mon – Fri 1.00 pm – 9.00 pm

Address: NHS Living Life, 5th Floor, Golden Jubilee National Hospital, Beardmore Street, Clydebank. G81 4HX

Web: <http://breathingspace.scot/living-life/>



Living Life can be accessed by GP referral or free telephone service for anyone aged 16 and over experiencing low mood, mild/moderate depression and/or anxiety. Living life is based on a Cognitive Behavioural Therapy (CBT) approach. The service offers two types of Telephone support, Guided self-help, self-help coaches guide individuals through self-help workbooks and help them to understand some of the reasons for their feelings and Cognitive behavioural therapy where therapists support individuals to identify patterns of thinking and develop new ways of coping.

