

Help is available

“I was in an abusive relationship for 18 months and one night the neighbours rang the police. The officers attended and were able to signpost me for supports available locally. The support offered to me by a community organisation allowed me to see that not only was I in a violent relationship but I was also being controlled financially, sexually and psychologically. I had lost my identity, job and friends leaving me very isolated and living in constant fear that my partner would return. With the support given I now have more confidence, feel safer and understand that none of this was my fault. I have since returned to education to create a new life for myself and my child.”

www.pkc.gov.uk

Web Pages

www.rasacpk.org.uk
www.perthwomensaid.org.uk
www.samaritans.org
www.pkc.gov.uk
www.pkavs.org.uk
www.lighthouseforperth.org
www.children1st.org.uk
www.scotland.police.uk
www.scot.nhs.uk
www.crimestoppers-uk.org
www.cool2Talk.org
www.cas.org.uk/bureaux/perth-citizens-advice-bureau
www.ageuk.org.uk/scotland/contact-us/

If you or someone you know would like a copy of this document in another language or format, (on occasion, only a summary of the document will be provided in translation), this can be arranged by contacting the Customer Service Centre on 01738 475000.

You can also send us a text message on 07824 498145.

All Council Services can offer a telephone translation facility.

Useful Apps



Calm Harm



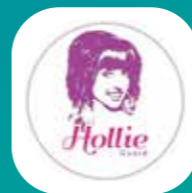
Stay Alive



Combined Minds



Suicide? Help!
Tayside



Hollie Guard

(PKC Design Team - 2020329)

We want Perth and Kinross to be the safest and best place in Scotland for children, young people, adults and families to live, work, play and visit.

Everybody living, working or visiting Perth and Kinross has a right to be safe, healthy, secure, respected and included at home, at school, in the workplace and in the wider community. We are committed to making this happen.

Keeping Communities Safe in Perth and Kinross



Worried about someone or something?



This leaflet contains information about who you can contact for help and support.

Are you worried about a child or young person?

PKC Child Protection and Duty Team

ChildProtection@pkc.gov.uk

☎ 01738 476768
Anytime

Are you concerned about an adult who may be at risk of harm?

PKC Adult Protection

AccessTeam@pkc.gov.uk

☎ 0345 30 111 20
Anytime

Are you emotionally distressed, have suicidal thoughts or suffering from self-harming behaviours?

The Lighthouse for Perth

help@lighthouseforperth.org

☎ 0800 121 4820
Mon - Thur, 10.00 am - 4.00 pm • Fri & Sat, 8.00 pm - 2.00 am

Do you feel unsafe in your neighbourhood from anti-social behaviour or other reasons?

PKC Safer Communities Team

SCT@pkc.gov.uk

☎ 01738 476173
24-hour Voicemail

Do you need help with your finances or basic essentials like food?

PKC Welfare Rights

WelfareRights@pkc.gov.uk

☎ 01738 476900
Mon - Fri, 9.00 am - 4.00 pm

Do you need somewhere to live or where you live is not suitable?

PKC Housing Advice/ Homeless Advice

housingoptionsandsupport@pkc.gov.uk

☎ 01738 476000
Mon - Fri, 9.00 am - 5.00 pm
Out of Hours only ☎ 0800 917 0708

Do you need someone to help express your views?

Independent Advocacy

info@iapk.org.uk

☎ 01738 587887
Mon - Fri, 9.00 am - 5.00 pm

Are you in a relationship where things are happening to you which make you feel uncomfortable?

Perthshire Women's Aid

contactus@perthwomensaid.org.uk

☎ 01738 635404
Mon - Fri, 10.00 am - 2.00 pm

Have you been affected by crime by experiencing or witnessing it even if not reported to police?

Community Landline

☎ Court Landline 01738 638018 ☎ 01738 567176
Mon - Fri, 9.00 am - 4.00 pm

Have you been affected by rape, sexual abuse or exploitation?

RASAC

support@rasacpk.org.uk

☎ 01738 630965
Drop-in Tues 12.00 noon - 2.00 pm

Are you a carer needing support?

PKAVS

☎ 01738 567076

Mon - Fri, 10.00 am - 4.00 pm

Do you need free advice on a range of issues - from help with benefits, housing, employment and debt to information and support on what you need to do next?

Citizens Advice

per-advice@perthcab.org.uk

☎ 01738 450580
Mon - Fri, 9.00 am - 5.00 pm

Do you need support from the Minority Communities Hub?

PKAVS

☎ 07935 756738

Mon - Fri, 10.00 am - 4.00 pm

Do you or someone you care for need support with their Alcohol or Drug Issues?

Integrated Drug & Alcohol Recovery Team (DART)

☎ 07920 070845 ☎ 07920 070797

Mon - Fri, 9.00 am - 5.00 pm

Do you need health care out of hours?

NHS

☎ 111

Out of Hours only

Are you feeling low or depressed?

Samaritans

☎ 116123
Anytime

Are you being bullied/harassed/stalked?

Police Scotland

☎ 101
Anytime

Crimestoppers

www.crimestoppers-uk.org

☎ 0800 555 111
Anytime

Age Scotland

☎ 0800 124 4222
Mon - Fri 9.00 am - 5.00 pm

