



Gender Based Violence Signposting Document

This is a directory of services within Perth and Kinross, national helplines and websites to help support you, your colleague, your employee, anyone who may be suffering Gender Based Violence to know where to go for help, support and advice.

If you know of anyone who might need this, please share a copy of this document with them.

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| Action Against Stalking | http://www.actionagainststalking.org |
| Barnardo's | https://www.barnardos.org.uk |
| Broken Rainbow (LGBT) | https://www.brokenrainbow.org.uk/ Email – mail@brokenrainbow.org.uk National Helpline – 0300 999 5428 |
| Crown Office and Procurator Fiscal Service (COPFS) | http://www.copfs.gov.uk |
| Galop (LGBT) | http://www.galop.org.uk/domesticabuse/ Email – help@galop.org.uk National Helpline – 0800 999 5428 |
| Hemat Gryffe Women's Aid | http://www.hematgryffe.org.uk |
| ManKind Initiative | https://www.mankind.org.uk/ Support Line – 01823 334244 |
| NHS Tayside | http://www.nhstayside.scot.nhs.uk |
| Perth Soroptimists | http://www.sigbi.org |
| Perthshire Woman's Aid | http://www.perthwomensaid.org.uk Merlin House first floor Necessity Brae Perth PH2 0PF Support Line - 01738 639043 Business line - 01738 635404 |
| PKAVS (Perth & Kinross Association of Voluntary Services) | http://www.pkavs.org.uk |

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| Perth and Kinross Credit Union | <p>Perth and Kinross Credit Union 282 High Street Perth PH1 5QS</p> <p>Tel: 01738 624872 Email: info@pkcu.org.uk</p> |
| Perth & Kinross Violence Against Women Partnership | <p>https://pkvawp.org/</p> <p>St. Martin's House King Edward Street Perth PH1 5UT</p> |
| Police Scotland | http://www.scotland.police.uk |
| Rape and Sexual Abuse Centre (RASAC) Perth and Kinross | <p>http://www.rasacpk.org.uk RASAC (P&K) 16 King Street Perth PH2 8JA</p> <p>Helpline - 01738 630965 Office - 01738 626290</p> <p>Business address: info@rasacpk.org.uk Support address: Support@rasacpk.org.uk</p> |
| Refuge | https://www.refuge.org.uk/ |
| (Offer support for Women, Children and Men suffering Domestic Violence) | <p>Helpline – 0808 2000 247 (women) Helpline – 0808 801 0327 (men)</p> |
| Scottish Domestic Abuse 24-hour Helpline | Call - 0800 027 1234 |
| Scottish Women's Rights Centre | http://www.scottishwomensrightscentre.org.uk |
| Sexual Assault Referral Network (SARN) | <p>Call - 0300 365 2001 (Monday to Friday 9am to 4.30pm)</p> <p>Out with office hours you can contact the dedicated phone line 6pm - 12 midnight - 0300 365 2001 where Rape Crisis Workers will offer initial support and contact to the Forensic and Custody Nurses in Tayside.</p> |
| Shakti Women's Aid | http://www.shaktiedinburgh.co.uk |
| (help BME women, children, and young people experiencing, or who have experienced, domestic abuse from a partner, ex-partner, | <p>Call – 0131 475 2399</p> <p>Email -info@shaktiedinburgh.co.uk</p> |

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| and/ or other members of the household) | |
| Tay Valley Credit Union | www.tayvalleycu.co.uk Call – 01382 434103 Email – info@tayvalleycu.co.uk |
| Victim Support Scotland | http://www.victimsupportsco.org.uk Helpline - 0800 160 1985 (Mon - Fri 8am - 8pm) |
| White Ribbon Scotland | http://www.whiteribbonScotland.org.uk |