Support information on the Gender-Based Violence: Responding to Intimate Partner Violence and Abuse Course

If you have been affected by the contents of the course or news article, there are a number of helplines that are available on the course that give you guidance or help:

- **Breathing Space (Scotland)** 0800 838587 can help if you are feeling overwhelmed for any reason
- **Victim Support Scotland** 0800 160 1985 can help if you have been a victim of crime in Scotland
- **Victim Support UK** 0808 168 9111 can help if you have been a victim of crime in England and Wales
- **Samaritans (UK)** 116 123 can help if things are getting too much and you need someone to speak to
- **Rape Crisis Scotland** 08088 01 03 02 can help if you are concerned about issues around rape and sexual assault in Scotland
- **Scottish Domestic Abuse and Forced Marriage Helpline** 0800 027 1234 can help if you are concerned about violence or controlling behaviour in your relationship or that of a friend or family member and live in Scotland. They also provide advice and support about forced marriage.
- **Abused Men in Scotland** 03300 949 395 for men experiencing domestic violence or abuse in Scotland
- **National Domestic Abuse Helpline** 0808 247 2000 for women, children and men experiencing domestic violence or abuse in England and Wales
- **The National Domestic Violence Hotline** for anyone living in the USA concerned about intimate partner violence or abuse 1-800 799 7233 or text START to 88788
- **Hot Peach Pages** a list of global support contacts for violence against women and girls
- If you are a woman concerned about IPVA within an LGBTQ+ relationship and live in Scotland you can contact **Scottish Women’s Aid** 08000271234
- If you are a man concerned about abuse within an LGBTQ+ relationship and live in Scotland you can access support via **FearFree**

For BAME women
- Shakti Women’s Aid 0131 475 2399
- Hemat Gryffe women’s Aid 0141 353 0859
- Women’s Aid also list a number of specialist organisations on this page of their website