

# Local and National Helplines - *You're not alone...*

If you think someone is in immediate danger, contact Police Scotland on **999**



## DOMESTIC ABUSE

[Dumfriesshire and Stewartry Women's Aid](#)

01387 263052 or 07710 152772 (24hrs)

[Wigtownshire Women's Aid](#) 01776 703104 (24hrs)

[National Domestic Abuse and Forced Marriage Helpline](#)

0800 027 1234 (24hrs)

[Muslim Women's Resource Centre](#) 0808 801 0301

[Shakti Women's Aid](#) 0131 475 2399 or  
[info@shaktiedinburgh.co.uk](mailto:info@shaktiedinburgh.co.uk)

[Hemat Gryffe Women's Aid](#) 0141 353 0859 (24hrs)

[Scottish Women Rights Centre](#) 08 088 010 789

[Social Work Services](#) 030 33 33 3001

[National LGBT Domestic Abuse Helpline \(UK\)](#)

0800 999 5428

[Men's Advice Line](#) 0808 801 0327

[AMIS - Abused Men In Scotland](#) 08 08 800 0024

[Respect Phonenumber](#) (for people worried about their own abusive behaviour towards others) 0808 802 4040

Click [HERE](#) to download the latest  
Coercive Control Booklet for D&G

## GENDER BASED VIOLENCE - VIOLENCE AGAINST WOMEN

[Dumfries & Galloway Rape Crisis](#) 01387 253 113

[Rape Crisis Scotland](#) 0808 801 0302

[Karma Nirvana Honour Network](#) 0800 5999 247

[CLICK](#) Webchat (support for women who sell/exchange sex)

[TARA - Trafficking Awareness Raising Alliance](#)

0141 276 7724 (help for victims of sex-trafficking - 18+)

[Modern Slavery Helpline](#) 0800 0121 700

[Migrant \(Trafficking\) Help](#) 0141 884 7900

[CrimeStoppers](#) 0800 555 111 (to report crime anonymously, including domestic abuse and gender based violence)

## CONCERNED ABOUT AN ADULT AT RISK OF HARM ?

[Adult Support and Protection](#) 030 33 33 3001

(ask for the duty social worker)

## CONCERNED ABOUT A CHILD ?

[Children and Families Social Work - Child MASH](#) 030 33 33 3001

## HEALTH SERVICES

[NHS D&G](#) D & G Royal Infirmary 01387 246 246

Galloway Community Hospital - Stranraer 01776 707 707

[Cool2Talk](#) (online confidential health info for young people)

More info on: [www.dgppp.org.uk](http://www.dgppp.org.uk)

## OTHER SOURCES OF SUPPORT

[We Are With You](#) Webchat (free, confidential support with alcohol, drugs or mental health)

[ADS - Alcohol & Drugs Support](#)

01387 259 999 / 01776 702 626 / 01556 503 550

[NHS - Drug Addiction Service](#) 0300 123 6600

[LGBT Youth Scotland](#) (13-25 years old) Text: 07786202 370

[LGBT Plus \(+25\)](#) 0800 020 9653 (free from landlines)

[Apex Dumfries](#) 01387 256 310

[Apex Stranraer](#) 01776 70 0973

Out of Hours Email: [mhairi.ross@apexscotland.org.uk](mailto:mhairi.ross@apexscotland.org.uk)

[Scottish Prison Service - Families Helpline](#) 0131 330 3888

[Families Outside - For Families Affected by Imprisonment](#)

0800 254 0088

[Crown Office and Procurator Fiscal service](#) 0300 020 3000

[Victim Support Scotland](#) 0800 160 1985 + Webchat

[Young People Inclusion Project - SACRO -](#)

Dumfries 078 7085 5014 - Annan 078 7085 4790

[Skills Development Scotland - PACE - Redundancy Help](#)

0800 917 8000

[Samaritans](#) 116 123

[Homeless Services](#) General Enquiries 030 33 33 3000

Out of Hours 0800 811 505

Click on each Organisation's name for more information on the services they provide.