

Support Organisations

Sometimes, issues raised are not “safeguarding” and we may need to sign-post individuals to other organizations. The following organizations have lot of useful resources and information including posters for charges to use. The list is not exhaustive and can be customized to best suit your location.

It would be good practice to publicize the Childline and Silverline numbers on a noticeboard or in the charge magazine.

Childline

Now part of the NSPCC, Childline provides support for young people on line, by email or via the telephone (24/7) on a wide range of topics from exam results, bullying, addiction, abuse to mental health for children and young people. The site provides an easier to understand option for Under 12’s which is accessible from the main site and can be translated into different languages.

Click here to access the website: [Childline](http://www.childline.org.uk) www.childline.org.uk

Telephone **0800 11 11**

Users on the O2 network may need to dial: 116 111 or use an on-line options. O2 are working to rectify this problem.

AGE UK

Can offer advice and information to older people on a wide range of subjects including financial, legal, health and wellbeing, care, work and using the internet. It also offers a 24/7 be-friending service (Silverline) for older people that may feel isolated:

The website can be accessed here: [Age UK](http://www.ageuk.org.uk) Or go to <https://www.ageuk.org.uk>

Telephone: **0800 077 8751**

The Silver Line telephone number is: **0800 4 70 80 90**

The Scottish Prison Service

The SPS has an excellent page on its website with lots of organisations that can offer support to families whether suffering the effects of imprisonment or not.

The website can be accessed [here](#). Or go to: <https://www.sps.gov.uk/family-and-friends/support-you>

Domestic Violence

Domestic violence or abuse can affect anyone at anytime. The following websites can offer access to a wide range of support services, telephone advice and information.

Scottish Women's Aid: www.scottishwomensaid.org.uk

National Domestic Abuse Helpline: www.nationaldahelpline.org.uk

Respect: <https://respectphoneline.org.uk/>

Telephone: 0808 802 4040

Scotland's Domestic Abuse & Forced Marriage Helpline: www.sdfmh.org.uk

Telephone: 0800 027 1234

Abused Men in Scotland: <https://abusedmeninScotland.org>

Telephone: 03300 949 395

The Male Domestic Abuse Support Service: 0808 800 0024

National LGBT+ Domestic Abuse Helpline: www.galop.org.uk/domesticabuse/

Telephone: 0800 999 5428

If you suspect that someone may be in a situation of sexual exploitation please contact:

Trafficking Awareness Raising Alliance (TARA): www.tarascotland.org.uk

Telephone: 0141 276 7724

The Association of Christian Counsellors facilitates the provision by Christians of quality counselling and pastoral care.

www.acc-uk.org

0845 124 9569/9570

Breathing Space is a free and confidential phone line service for any individual who is experiencing low mood or depression.

www.breathingspacescotland.co.uk

The Child Exploitation and Online Protection Centre (CEOPS) is part of the UK policing system and is dedicated to eradicating the sexual abuse of children.

www.ceop.police.uk

0870 000 33 44

Children 1ST helps to support families under stress, protect children from harm and neglect and help them to recover from abuse.

www.children1st.org.uk

First Person Plural is a small UK-wide charity lead by abuse survivors with first-hand experience of complex dissociative distress.

www.firstpersonplural.org.uk

Izzy's Promise based in Dundee offers free and confidential support services to ritual/organised

abuse survivors.

www.izzyspromise.org.uk

01382 206 222

The Lucy Faithfull Foundation works with adult male and female sexual abusers and young people with inappropriate sexual behaviours, abuse survivors and other family members.

www.lucyfaithfull.org.uk

01527 591 922

Minister and Clergy Sexual Abuse Survivors (MACSAS) is a support group for women and men who have been sexually abused by clergy as children or adults.

www.macsas.org.uk

0808 801 0340

The National Association for People Abused in Childhood (NAPAC) provides support and information for people abused in childhood.

www.napac.org.uk

0800 085 3330

One in Four offers a voice to support for people who have been abused in childhood or experience sexual violence.

www.oneinfour.org.uk

0208 697 2112

Open Secret, offers safe spaces in the Forth Valley for those aged over 12 who have been affected by abuse.

www.opensecret.org

01324 630 100

Safe Space offers support, counselling, group work and Justice Support to survivors of sexual abuse aged over 12 and living in Fife. They also provide awareness-raising courses.

www.safe-space.co.uk

01383 739 084

Survivor Scotland oversees the National Strategy for Survivors of Childhood Sexual Abuse. Its work is done in a variety of ways, see the website for more information.

www.suvivorscotland.org.uk

Victim Support Scotland is the leading voluntary organization in Scotland helping victims of crime. It provides a wide range of support including emotional support, practical help and essential information for victims, witnesses and others affected by crime.

www.victimsupportsco.org.uk

0845 603 9213

Stop it Now a campaign which aims to prevent child sexual abuse by raising awareness and encouraging early recognition and responses to the problem by the abusers themselves and those close to them.

www.stopitnow.org.uk

0808 1000 900

NB: This is not an exhaustive list of support agencies and support services. There may be other resources more relevant to an individual's needs.