

1.9.9 Domestic and Sexual Violence

Rape Crisis Scotland is the national office for the rape crisis movement in Scotland. It supports the work of local centres and helps develop new centres in areas where there are no or few specialist services. It also works with other agencies such as Police Scotland, the Crown Office and health services by providing training and consultancy to improve the response to those who are affected by and who perpetrate sexual violence.

t: 08088 010302 or 0141 331 4180 e: support@rapecrisisscotland.org.uk or info@rapecrisisscotland.org.uk

Refuge is committed to a world where domestic violence is not tolerated and where women and children can live in safety. It aims to empower women and children to rebuild their lives, free from violence and fear. It provides a range of life-saving and life-changing services and a voice for the voiceless

t: 0808 2000 247 (24-hour helpline) e: info@refuge.org.uk

Bipolar Scotland is not responsible for any of the information featured on external websites. If you have any unhelpful experiences using any of the sites listed here, please tell us at info@bipolarscotland.org.uk – and please also tell us about any good sites you encounter so we can add them to our list.