



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.

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

Perth and Kinross Credit Union	Perth and Kinross Credit Union 282 High Street Perth PH1 5QS Tel: 01738 624872 Email: info@pkcu.org.uk
Perth & Kinross Violence Against Women Partnership	https://pkvawp.org/ St. Martin's House King Edward Street Perth PH1 5UT
Police Scotland	http://www.scotland.police.uk
Rape and Sexual Abuse Centre (RASAC) Perth and Kinross	http://www.rasacpk.org.uk RASAC (P&K) 16 King Street Perth PH2 8JA Helpline - 01738 630965 Office - 01738 626290 Business address: info@rasacpk.org.uk Support address: Support@rasacpk.org.uk
Refuge (Offer support for Women, Children and Men suffering Domestic Violence)	https://www.refuge.org.uk/ Helpline – 0808 2000 247 (women) Helpline – 0808 801 0327 (men)
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)	Call - 0300 365 2001 (Monday to Friday 9am to 4.30pm) 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.
Shakti Women's Aid (help BME women, children, and young people experiencing, or who have experienced, domestic abuse from a partner, ex-partner,	http://www.shaktiedinburgh.co.uk Call – 0131 475 2399 Email -info@shaktiedinburgh.co.uk

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