

NAPAC – National association for People Abused in Childhood

NAPAC (the National Association for People Abused in Childhood) offers support to adult survivors of all types of childhood abuse, including physical, sexual, emotional abuse or neglect.

Support line: 0808 801 0331 (free from mobiles or landlines)
Monday to Thursday 10am to 9pm
Friday 10am to 6pm

Website: www.napac.org.uk

Children First - SCOTLAND'S NATIONAL CHILDREN'S CHARITY

Support for children, young people and their families affected by abuse.

Support line: 08000 28 22 33 (free call)
Monday to Friday 9am to 9pm
Saturday & Sunday 9am to noon

Website www.children1st.org.uk

Rape Crisis Scotland

Rape crisis Scotland provides crisis support for anyone in Scotland affected by sexual violence at any time in their lives.

Helpline: 08088 01 03 02 (Freephone)
every day, 6pm to midnight

Email: support@rapecrisisScotland.org.uk
(If you are looking for support by email)

Website www.rapecrisisScotland.org.uk

Stop It Now! Scotland

A child protection charity that believes that the key to preventing sexual abuse is awareness among parents and community members.

Office: 0131 556 3535
Monday to Friday 9am – 5pm
(free confidential and anonymous advice)

UK helpline: 0808 100 0900
Monday-Thursday 9am–9pm
Friday 9am–5pm

The Survivors Trust

The Survivors Trust is the largest umbrella agency for the specialist rape and sexual abuse services in the UK. Their services work with victims and survivors of all ages, all genders, of all forms of sexual violence, sexual abuse and sexual exploitation, including support for partners and family members.

Helpline: 08088 010 818 (Free & confidential)
Mon - Fri 10am-8:30pm
Sat 10am-12:30pm, 1:30pm-4:30pm, 6pm-8:30pm
Sun 1:30pm-4:30pm, 6pm-8:30pm

Website: www.thesurvivorstrust.org

Trauma Counselling Line Scotland

A free telephone counselling service for adults who experienced abuse in childhood.

Telephone: 08088 02 04 06
Mon, Tues, Wed 2pm-6pm
Fri 9am-3pm

Email: counselling@health-in-mind.org.uk

Website: www.health-in-mind.org.uk

Wellbeing Scotland

Wellbeing Scotland are a voluntary organisation with services across Scotland. We provide a wide range of holistic services for individuals and families whose life experiences have impacted negatively on their wellbeing.

Telephone: 0800 121 6027
Monday to Friday 9am-11am

Email: info@wellbeingscotland.org

Website www.wellbeingscotland.org

Survivors UK

Information, support and counselling (online chat via website) for male survivors of rape and sexual abuse. Support is also available for survivors families and friends.

WhatsApp helpline: 07491 816 064
Text based help: 020 3322 1860
Website: www.survivorsuk.org