

## Mens Advice Line

<http://www.mensadvice.org.uk/contact-us/>

- Men's Advice Line - confidential helpline for men experiencing domestic violence from a partner or ex-partner (or from other family members).
- We help by: giving you time to tell your story; offering emotional support; providing practical advice; signposting you to other services for specialist help.

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## AMIS

<http://www.abusedmeninscotland.org/help-for-men.html>

- Provide a number of support services which are available to any man (or anyone who does not identify as a woman) over 16, in Scotland, experiencing domestic abuse

Domestic abuse helpline Mon - Fri 9am to 4pm

**0808 800 0024**

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## AMINA

<https://mwrc.org.uk/>

- Wherever you are in Scotland, you can contact us about negative behaviour towards you that you think has occurred because of your religion, race, gender, sexuality or disability.

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## Refuge

<https://www.refuge.org.uk/get-help-now/phone-the-helpline/>

National Domestic Violence Helpline **0808 2000 247**

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## Glasgow Women's Aid

<http://www.glasgowwomensaid.org.uk/>

Crisis Support - If fleeing domestic violence office is open Monday - Friday 9.30am - 4.30pm

- Support with refuge accommodation (if availability) if not they will support Women to seek advice from Glasgow City Council Homeless, 30 Bell Street Glasgow, G1 1LG, **0141 553 2022**

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## Scottish Women's Aid

<https://womensaid.scot/>

- If you feel scared of your partner or if you are worried about someone you know, get in touch with Scotland's 24 hour Domestic Abuse and Forced Marriage Helpline: **0800 027 1234**

helpline@sdafmh.org.uk or visit  
[www.sdafmh.org.uk](http://www.sdafmh.org.uk)

## Fearless

<https://fearless.scot/>

- Any man (including trans men)
- Anyone from the LGBT+ community (including, but not limited to, lesbian/bisexual women, gay/bisexual men, trans men/women, and gender non-binary people)

**0131 624 7266**

[fearlessinfo@sacro.org.uk](mailto:fearlessinfo@sacro.org.uk)

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## The Daisy Project

<http://thedaisyproject.org.uk/about-us/services-support/>

- One to one advocacy and advice in a safe and non-judgemental environment.
- Support Workers (IDAA's) use a Risk Assessment tool to allow them to discuss your particular level of risk with you as well as highlighting any potential issues around your safety.
- Help you build a safety plan in order to stay as safe as you can within your current situation.

**0141 634 4053**

[office@thedaisyproject.org.uk](mailto:office@thedaisyproject.org.uk)

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## White Ribbon

<https://www.whiteribbonscotland.org.uk/>

- The WRC is the largest effort in the world of men working to end men's violence against women. It relies on volunteer support and financial contributions from individuals and organizations.

White Ribbon Scotland

22 Montrose Street, Glasgow, G1 1RE

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## Hemat Gryffe

<http://www.hematgryffe.org.uk/women.html>

- Operates Monday to Friday from 9am to 5pm and is the first point of contact for women, children and young people experiencing domestic abuse.

The Drop in centre 24 Willowbank Street, Glasgow, G3 6LZ

24 Hour Emergency Helpline **0141 353 0859**