

# Useful Organisations

## Local

Name of Organisation	Contact details	Service provided
<b>Student Advice Centre</b>	[insert university contact information]	Provide Service offering advice, guidance and information on all issues associated with student life <ul style="list-style-type: none"> <li>• <b>General over-the-counter information</b></li> <li>• <b>Specialised drop-in sessions</b></li> <li>• <b>One-to-one appointment with an advisor</b></li> </ul>
<b>Human Resources</b>	[insert university contact information]	Provide support to employees of University of Strathclyde <ul style="list-style-type: none"> <li>• <b>Drop-in/call/email Mon-Fri – 9am-5pm</b></li> <li>• <b>Online self-help guides</b></li> </ul>
<b>Nightline</b>	[insert university contact information]	Confidential telephone and online listening and information service run by trained students for the students of Glasgow Caledonian and Strathclyde Universities <ul style="list-style-type: none"> <li>• <b>Telephone or text 7pm-7am</b></li> </ul>
<b>Staff Counselling</b>	[insert university contact information]	Provide counselling and support to employees of University of Strathclyde <ul style="list-style-type: none"> <li>• <b>Online: password to access</b></li> <li>• <b>Telephone and face to face counselling</b></li> </ul>
<b>Student Counselling</b>	[insert university contact information]	Provide counselling and support to students of University of Strathclyde <ul style="list-style-type: none"> <li>• <b>Face to face counselling, Mon –Fri 9am-5pm</b></li> <li>• <b>Out of hours- Phone number to Nightline, Breathing Space &amp; Samaritans</b></li> </ul>
<b>Student Disability, Health and Counselling Services</b>	[insert university contact information]	Provide support to students of University of Strathclyde <ul style="list-style-type: none"> <li>• <b>Drop-in/call/email Mon-Fri – 9am-5pm</b></li> </ul>
<b>Student Union</b>	[insert university contact information]	Provide support to students of University of Strathclyde <ul style="list-style-type: none"> <li>• <b>Drop-in, online chat or call – 10am until 4pm</b></li> <li>• <b>Out of Hours – Nightline</b></li> </ul>
<b>University Security</b>	[insert university contact information]	Provide Security of Students, Staff, and Buildings <ul style="list-style-type: none"> <li>• <b>Available 24hrs</b></li> </ul>
<b>USSA Advice Hub</b>	[insert university contact information]	Service available to all students at Strathclyde. It's run independently by the Students' Association. <ul style="list-style-type: none"> <li>• <b>Drop-in 10am until 4:00pm</b></li> </ul>

# National

Name of Organisation	Contact details	Service provided
Amina	<a href="http://www.mwrc.org.uk">www.mwrc.org.uk</a> 0808 801 0301	Helpline for Scotland providing support to women from minority backgrounds who have been affected by violence against women. Support is available in English, Urdu, Arabic, Bangla and Swahili. Service also runs a VAW awareness programme <ul style="list-style-type: none"> <li>• <b>Helpline open: Mon-Fri - 10am-4pm</b></li> </ul>
Childline	<a href="http://www.childline.org.uk">www.childline.org.uk</a> 0800 1111	National helpline providing support to children under 19 on wide range of issues. <ul style="list-style-type: none"> <li>• <b>24-hour helpline</b></li> <li>• <b>Chat online 1-2-1 with a counsellor (24/7)</b></li> <li>• <b>Email a counsellor (response within a day)</b></li> <li>• <b>Message Boards</b></li> </ul>
[Insert local Women's Aid Group]	[insert local contact information]	Provide information, support and refuge accommodation to women, children and young people who are experiencing domestic abuse. <ul style="list-style-type: none"> <li>• <b>Operate an office drop in</b></li> <li>• <b>Contactable by phone and online form</b></li> </ul>
Glasgow & Clyde Rape Crisis Centre  Or [Insert local Rape Crisis Centre]	<a href="https://www.glasgowclyderapecrisis.org.uk/">https://www.glasgowclyderapecrisis.org.uk/</a> 08088 00 00 14  [insert local contact information]	Glasgow & Clyde Rape Crisis Centre helpline. Free and confidential support and information for women and men affected by sexual violence no matter when or how it happened. <ul style="list-style-type: none"> <li>• <b>Freephone, open 7 days, 6pm to Midnight.</b></li> <li>• <b>Open 7 days a week between 11am and 2pm and Monday to Thursday between 5.30pm and 7.30pm</b></li> </ul>
Hemat Gryffe Women's Aid	<a href="http://www.hematgryffe.org.uk">www.hematgryffe.org.uk</a> 0141 353 0859	Provide information, support and refuge accommodation to women, children and young people from Asian, Black and Minority Ethnic Groups in Scotland. <ul style="list-style-type: none"> <li>• <b>24 hour emergency service line.</b></li> </ul>
Men's Advice Line	<a href="http://www.mensadvice.org.uk">www.mensadvice.org.uk</a> 0808 801 0327	Confidential helpline for any man experiencing domestic violence and abuse from a partner (or ex-partner). <ul style="list-style-type: none"> <li>• <b>Helpline open Mon-Fri 9am-5pm</b></li> <li>• <b>Voicemail available – aim to contact within 2 working days</b></li> </ul>
National Domestic Violence Helpline (Rest of UK)	<a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a> 0808 2000 247	National service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. Run in partnership between Refuge and Women's Aid <ul style="list-style-type: none"> <li>• <b>Helplines open 24/7</b></li> <li>• <b>Voicemail available – aim to contact at a safe time/within 30 mins</b></li> </ul>
National LGBT Domestic Abuse Helpline	<a href="http://www.galop.org.uk/">http://www.galop.org.uk/</a> 0800 999 5428	National helpline providing emotional and practical support for LGBT people experiencing domestic abuse. An online chat service is available two days a week <ul style="list-style-type: none"> <li>• <b>Helpline open: Mon-Thu - 10am-5pm; Fri - 1pm-5pm; Sun - 12pm-4pm</b></li> <li>• <b>Online Chat: 3pm-7pm Sat &amp; Sun</b></li> </ul>
National Rape Crisis Helpline (Scotland)	<a href="http://www.rapecrisisscotland.org.uk/help-helpline/">www.rapecrisisscotland.org.uk/help-helpline/</a> 08088 01 03 02 Or if you are deaf or hard of hearing on minicom number 0141 353 3091	Rape Crisis Scotland's national helpline. Free and confidential support and information for women and men affected by sexual violence no matter when or how it happened. Provides contact details for local rape crisis centres. <p><b>Freephone, open 7 days, 6pm to Midnight.</b></p>
NSPCC	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a> 0808 800 5000	Helpline for adults to get advice or share their concerns about a child. <ul style="list-style-type: none"> <li>• <b>Helpline open 24/7</b></li> <li>• <b>Online reporting available</b></li> </ul>
Refuge	<a href="http://www.refuge.org.uk">www.refuge.org.uk</a>	Provide safe refuge accommodation to women, children and young people who are experiencing domestic abuse. <ul style="list-style-type: none"> <li>• <b>Contact via National Domestic Violence Helpline</b></li> </ul>

<b>Say Women</b>	<a href="http://www.say-women.co.uk">www.say-women.co.uk</a> 0141 552 5803	Voluntary organisation offering safe, supported accommodation and related services for women, aged 16-25 years, who are survivors of childhood sexual abuse, rape or sexual assault and who are homeless or threatened with homelessness.  <ul style="list-style-type: none"> <li>• <b>Offer information about the issues</b></li> <li>• <b>Online referral available</b></li> </ul>
<b>Scotland's Domestic Abuse and Forced Marriage</b>	<a href="http://sdafmh.org.uk/">http://sdafmh.org.uk/</a> 0800 027 1234	Helpline is there to support anyone with experience of domestic abuse or forced marriage, as well as their family members, friends, colleagues and professionals who support them. They provide a confidential, sensitive service to anyone who calls us.  <ul style="list-style-type: none"> <li>• <b>Freephone 24hour helpline</b></li> </ul>
<b>Scottish Woman's Right's Centre</b>	<a href="https://www.scottishwomensrightscentre.org.uk/">https://www.scottishwomensrightscentre.org.uk/</a> <b>08088 010 789</b>	Available to any woman in Scotland looking for legal information or advice. The helpline is run by our solicitor and advocacy worker, staff from JustRight Scotland supported by Rape Crisis Scotland and students from the University of Strathclyde Law Clinic  <ul style="list-style-type: none"> <li>• <b>Freephone Tuesdays 6-9pm; Wednesdays 1.30-4.30pm; Fridays 10am-1pm</b></li> </ul>
<b>Shakti</b>	<a href="http://www.shaktiedinburgh.co.uk">www.shaktiedinburgh.co.uk</a> 0131 475 2399	Provide support for black minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse. Provide support in Arabic, Hindi, Mandarin, Polish, Portuguese, Punjabi, Spanish, Swahili and Urdu  <ul style="list-style-type: none"> <li>• <b>Online referral form, telephone</b></li> </ul>
<b>UCU/NUT</b>	[insert contact information]	Unions recognised by University of Strathclyde  <ul style="list-style-type: none"> <li>• <b>Email contact</b></li> </ul>
<b>Victim Support</b>	<a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a> 0808 168 9111	Providing support to anyone affected by crime (regardless of whether it has been reported to the police). Helpline hours: Mon-Fri – 8pm-8am; Sat & Sun 24hrs  <ul style="list-style-type: none"> <li>• <b>Online Support</b></li> <li>• <b>Telephone , face to face for local Victim Support</b></li> </ul>
<b>Women's Support Project</b>	<a href="http://www.womenssupportproject.co.uk">www.womenssupportproject.co.uk</a> 0141 418 8420	Feminist voluntary organisation working to raise awareness of the extent, causes and effect of male violence against women, and for improved services for those affected by violence.  <ul style="list-style-type: none"> <li>• <b>Telephone</b></li> <li>• <b>email</b></li> </ul>
<b>Young Women's Centre</b>	0141 276 1874	Offers support to young women (between 12-18 years) who are at risk of sexual exploitation, abuse or escalation through the judicial system. Telephone support is available Mon-Fri – 8.45am-4.45pm  <ul style="list-style-type: none"> <li>• <b>Drop in for current client only, telephone support, face to face</b></li> </ul>

If you would like to talk to someone about the project, please contact [equallysafe@strath.ac.uk](mailto:equallysafe@strath.ac.uk)