

# HERE ARE SOME AGENCIES YOU CAN CONTACT FOR INFORMATION, SUPPORT OR ADVICE:

## Black Community Development Project (BCDP)

We address issues affecting the rights and well being of black/minority ethnic people living in Greater Pilton, including racism, violence and abuse. We offer confidential advice, information, support groups, confidence and capacity building.

\* **Call: 0131 467 7990**

## Childline

Childline is the UK's FREE, 24 hour helpline for children and young people. The number for children to call is 0800 1111. Lack of funds means that lines can be busy, so Childline urges children to keep trying until they get through.

**Call: 0800 1111**

## Domestic Abuse Liaison Officer (DALO)

You don't have to suffer in silence, you can talk in confidence to one of our DALO's; we provide you with information about your legal rights and options and explain police and court procedures. We can also offer practical support and assistance and liaise with other support agencies on your behalf.

**Call: 0131 311 5951**

Drylaw Police Station

**Call: 0131 343 3171**

Police emergency **dial: 999**

## Edinburgh Women's Aid

We are an all female organisation, which provide support and (where appropriate) refuge accommodation for women and any accompanying children who have been abused by their partner or ex-partner of either sex. Women only answer the calls.

Office and phonelines open: Monday 10am-4pm, Wednesday 10am-4pm, Thursday 2pm-7pm, Friday 10am-4pm, Saturday 10am-1pm. Phonelines also open: Tuesday 1.30pm-4pm, Thursday 9.30am-2pm

**Call: 0131 229 1419**

## Edinburgh Women's Rape and Sexual Abuse Centre (EWRASAC)

We offer free, confidential support and information for survivors of rape, sexual assault and child sexual abuse. Answering machine gives current helpline times, women only answer calls.

**Helpline: 0131 556 9437 Minicom: 0131 557 6757**

## Saheliya

Saheliya is a Black and Ethnic Minority women's mental health organisation. We aim to provide a safe and confidential service that supports the mental health and well being of Black and Ethnic Minority women in Edinburgh. Saheliya offers Counselling, Couple Counselling, Befriending, One to One Support and Complimentary Therapies. Services are free, childcare provided.

**Call: 0131 556 9302**

**Email: [Saheliya@connectfree.co.uk](mailto:Saheliya@connectfree.co.uk)**

**Website: [www.saheliya.org.uk](http://www.saheliya.org.uk)**

## Saneline

We are a national out of hours helpline for anyone coping with mental health problems, whether they are service users, carers or concerned relatives or friends. We offer support and reassurance during times of crises. We can put you in touch with services in your local area.

Helpline is open 12noon-2am every day of the year.

**Call: 0845 767 8000**

## Scottish Domestic Abuse Helpline

We are a FREE confidential national helpline for all sufferers of domestic abuse. We can offer a listening ear for our callers and have some national information about other resources currently available.

Phonelines open daily 10am-12midnight.

Text phoning for audio impaired 10am-2pm 10pm-midnight.

**Call: 0800 027 1234**

**Website: [www.domesticabuse.co.uk](http://www.domesticabuse.co.uk)**

## Shakti Women's Aid

We are a project run by black women for black women and their children escaping domestic abuse. We offer emotional and practical support, counselling and safe temporary accommodation for black and ethnic minority women and children experiencing abuse by their husband, partner and/or family. Abuse may be emotional, physical and/or sexual.

Office opening hours: 9.30am-5pm Monday-Friday.

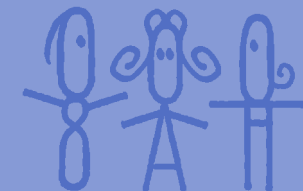
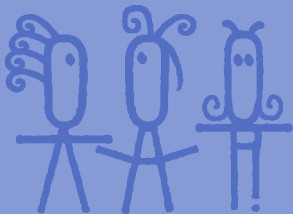
**Call: 0131 475 2399**

## Women Supporting Women

We offer a community support service to women in the Greater Pilton area, who are experiencing isolation, depression (including after the birth of a baby) or violence. We offer one to one support, groups, a befriending service and a regular newsletter.

Free childcare is available during support and group sessions. Office opening hours: 9am-5pm, men occasionally answer the phone at reception.

**Call: 0131 332 0871**



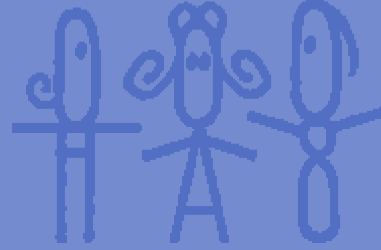
If these things **have** happened or **are** happening to you now, there are people you can talk to about it.

Someone close to you is abusing you if they are doing some of these things;

- Hitting
- Threatening
- Humiliating
- Forcing sex
- Threatening your children
- Abusing your children
- Destroying your things
- Keeping you financially insecure
- Accusing you of being unfaithful
- Abusing you emotionally
- Ridiculing your beliefs
- Isolating you from your friends
- Using contact with the children to abuse you or them

**Any of these could lead you to feeling:**

- Frightened
- Insecure
- Degraded
- Unable to make even basic decisions
- Trapped



### Greater Pilton Women's Campaign Group

We are a group of local women that believes in campaigning for better information and resources for women and children in the Greater Pilton area. Experiencing violence and abuse does your head in! It's also something a lot of women talk about when they get the chance to.

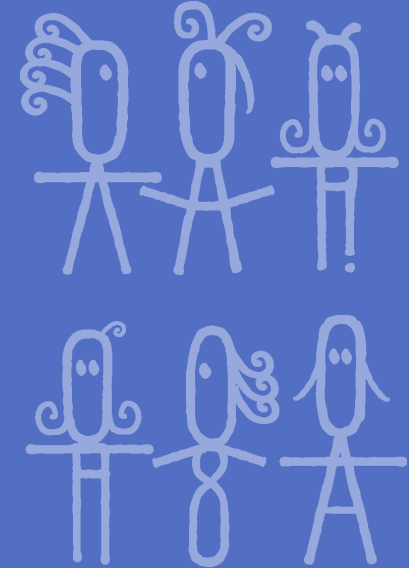
"Are you quietly suffering the effects of child sexual abuse like flashbacks, insecurity, depression, self harm, anger, isolation? Then maybe this leaflet and these agencies can be of help; I know they've helped me. EWRASAC, Women Supporting Women and Saneline"  
(group member)



WOMEN SUPPORTING WOMEN  
Pilton Community Health Project



R U or someone U know  
*experiencing*  
**VIOLENCE**  
*OR*  
**ABUSE?**



کیا آپ تشدد اور بدسلوکی کا سامنا کر رہی ہیں؟

\* یہ کتابچہ اردو زبان میں بھی دستیاب ہے۔

你是否遭遇暴力或虐待？

此傳單亦有中文版，歡迎索取。\*

This information is available in audio tape form on request from Pilton Community Health Project

0131 332 0871