

Where to get help and support

This leaflet gives details of the main services which can help you if you are affected by domestic abuse. They can also tell you about other services. They are all free and confidential. Phone for opening times.

Support Organisations

AMINA

Network House, 311 Calder Street, Glasgow G42 7NQ

Tel: 0808 801 0301

Email: helpline@mwrc.org.uk

Provides information, advice and emotional support to Muslim women across Scotland. (The telephone number does not show up on bills.)

Beyond Trauma Pathway

40 Shandwick Place, Edinburgh EH2 4RT

Tel: 0131 225 8505

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

Support for men and women who have experienced childhood sexual abuse.

Domestic Abuse Helpline

Tel: 0800 027 1234

Operates 24 hours, daily

Website: www.domesticabuse.co.uk

Support to women experiencing domestic abuse and general information on domestic abuse to both men and women.

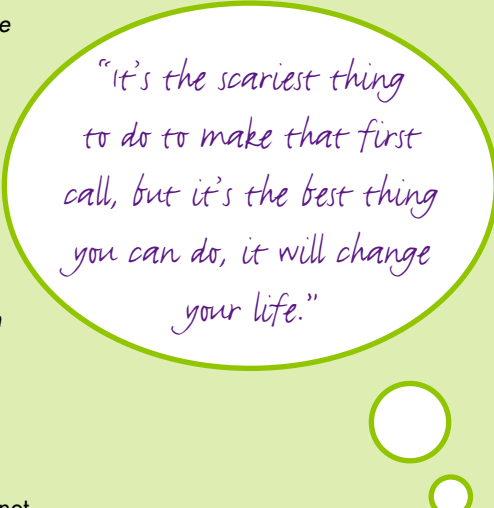
East Lothian Women's Aid

69 Eskside West, Musselburgh

Tel: 0131 665 9552

Email: eastlothian.womensaid@virgin.net

Information, support and refuge accommodation for women and any accompanying children and young people who have experienced domestic abuse from a partner or ex-partner.



"It's the scariest thing to do to make that first call, but it's the best thing you can do, it will change your life."

Edinburgh Women's Rape and Sexual Abuse Centre

PO Box 120, Brunswick Road, Edinburgh

Tel: 0131 556 9437

Email: support@ewrasac.org.uk

*Practical and emotional support for women and girls who have suffered sexual violence at any time in their lives. The **East Lothian Sexual Abuse Service** gives support and information to women and girls who have experienced childhood sexual abuse. Tel 0131 557 6737.*

Rape Crisis Scotland

National Helpline: 08088 01 03 02 Open 6pm - midnight, daily

www.rapecrisisscotland.org.uk

info@rapecrisisscotland.org.uk

Rape Crisis Scotland provides a national rape crisis helpline for anyone affected by sexual violence.

Scottish Helpline for Older People

113 Rose Street, Edinburgh, EH3 3DT

Tel: 0845 1259732

This is an information only service.

Shakti Women's Aid

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

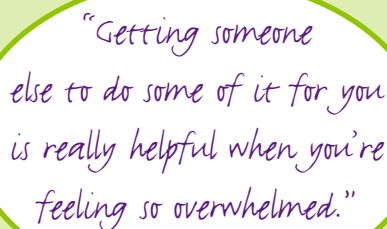
Tel: 0131 475 2399

Fax: 0131 475 2301


Email: pushpa@shaktiedinburgh.co.uk

Website: www.shaktiedinburgh.co.uk

For black and ethnic minority women and children (if any) experiencing and/or fleeing domestic abuse by their husbands, partners, ex-partners and/or other family members.



"Getting someone else to do some of it for you is really helpful when you're feeling so overwhelmed."



Children and Young People

Childline

Tel: 0800 1111

Website: www.childline.org.uk

Free helpline for children and young people in danger and distress.

Children 1st

Randall House

Macmerry Business Park

Macmerry

EH331RW

Tel: 01875 824000

Fax: 01875 616062

Family group conferencing. Young Families Outreach Project. Bfriends East Lothian – befriending service for young people aged 5 - 16yrs.

Skylight Project

27 Ocean Drive, Edinburgh

Tel: 0131 561 1464

skylight@barnardos.org.uk

Confidential counselling and therapy service which works with children and young people whose lives have been affected by sexual abuse. Offers support to protective or non-abusive parents.

Housing and Homelessness

East Lothian Council Homelessness Team

6-8 Lodge Street, Haddington

Tel: Duty officer on: 01620 827 536

Helpline: 0800 169 1611 (24 hours free phone)

Area Housing Offices

48 High Street, Dunbar • Tel: 01368 863434

2 Quality Street, North Berwick • Tel: 01620 893957

6-8 Lodge Street, Haddington • Tel: 01620 826600

Brunton Hall, Ladywell Way, Musselburgh • Tel: 0131 665 5275

Aldhammer House, High Street, Prestonpans • Tel: 01875 818108

8 Civic Square, Tranent • Tel: 01875 824112

All area offices can be contacted by email using the following formula:

housing(area)@eastlothian.gov.uk e.g. housingdunbar@eastlothian.gov.uk

Shelter East Lothian Project

Brunton Hall, Ladywell Way

Musselburgh

Tel: 0844 515 2490 • Fax: 0844 515 2924

Housing advice to people who are homeless or at risk of becoming homeless or on any housing issue. Surgeries in Tranent and Dunbar. Phone for details.

Shelter's Housing Advice Helpline:

0808 800 4444 8am – midnight, daily

Website: www.shelterscotland.org.uk

Police

Emergencies: 999

Domestic Abuse Liaison Officer: 0131 561 6124

Support and information for people experiencing domestic abuse

Family Protection Unit: 0131 561 6121

Information on sexual offences, child protection and youth/juvenile crime

Local police stations:

Dunbar: 01368 862718

Haddington: 01620 824101

Musselburgh: 0131 665 9696

North Berwick: 01620 893585

Prestonpans: 01875 810250

Tranent: 01875 610333

Social Work

Department of Social and Community Services

(East Lothian Council) Social Work Centres

6-8 Lodge Street, Haddington • Tel: 01620 826600

Brunton Hall, Ladywell Way, Musselburgh • Tel: 0131 653 4303

Randall House, Macmerry Industrial Estate • Tel: 01875 82 40 90

Emergency social work service: 0800 731 6969

Money and Welfare Benefits

For all enquiries: Contact Centre Dundee 0800 055 66 88 Textphone 0800 0234 888: Income support, Jobseekers Allowance, Incapacity Benefit

Bathgate Delivery Centre

Government Buildings 31- 33 Whitburn Road, Bathgate

Tel: 0845 608 8630 • Textphone: 0845 608 8636

This office processes benefit claims for Income Support, Jobseekers Allowance, Incapacity benefit.

East Lothian Council Welfare Rights Team

Brunton Hall, Ladywell Way, Musselburgh

Tel: 0131 653 4303

(also runs surgeries in Haddington, Prestonpans, Tranent, Dunbar and North Berwick)

Musselburgh Jobcentre Plus

Eskmills Park, Station Road, Musselburgh

Tel: 0131 456 5100 • Textphone: 0845 601 6045

Website: www.jobcentreplus.gov.uk

This office deals with work-focused interviews. Also collection of crisis loan payments.

Social Fund, Crisis Loans, Budgeting Loans, Community Care Grants: 0800

587 6716 Textphone: 0800 032 8367. Maternity allowance: 0845 608

8780 Textphone: 0845 608 8971

Mental Health

CHANGES Community Health Project

108 Market Street, Musselburgh • Tel: 0131 653 3977

Runs a range of self help groups and courses which aim to improve people's understanding and management of their mental health.

Tynepark Mental Health Resource Centre

Poldrate, Haddington • Tel: 01620 822 444

Provides support to people who have experienced or are experiencing mental health difficulties and their carers.

Sexual Health

Caledonia Youth

5 Castle Terrace, Edinburgh • Tel: 0131 229 3596

Website: www.caledoniayouth.org

Sexual health advice, counselling and contraception for young people under 25.

Family Planning: Well Woman Clinic and Well Women Services

18 Dean Terrace, Edinburgh • Tel: 0131 332 7941

Services include contraception, emergency contraception and sexual counselling.

Open to all women without referral by doctor. Phone for details of clinics in East Lothian.

Genito Urinary Medicine Service (GUM)

Level 1, Lauriston Building, Lauriston Place, Edinburgh

Tel: 0131 536 2104

Website: www.nhsllothian.scot.nhs.uk/ourservices/gum/gum.asp

Information and testing including sexually transmitted infection, emergency contraception and pregnancy.

Criminal Justice

VIA (Victim Information and Advice)

Tel: 0844 561 3639

Provides assistance to victims of crime by providing information from court, such as dates and progress of trial.

Victim Support

1 Edinburgh Road, Dalkeith, EH22 1LA

Tel: 0131 660 3030 • Fax 0131 660 1900

victimsupport.mid&eastlothian@victimssupportsco.org.uk

National helpline: 0845 603 9213

Independent, service providing emotional support, practical help, helps with compensation for criminal injuries, information about the criminal justice system and support in court (through Witness Service 0131 220 1550), to people who have, or know someone who has been the victim of crime.

Advice

Citizen's Advice Bureau East Lothian

141 High Street, Musselburgh • Tel: 0131 653 2748/2544

bureau@musselburghcab.casonline.org.uk

46 Court Street, Haddington • Tel: 01620 824 471

cab@haddingtoncab.casonline.org.uk

Information on all topics including welfare, consumer, debt, employment, family, housing, legal issues.

Grapevine

Norton Park, 57 Albion Road,

Edinburgh EH7 5QY

Tel: 0131 475 2370

Email: grapevine@lothinacil.org.uk

Free Information and advice service for disabled people. Contact for details of local groups and services.

Counselling

Couple Counselling Lothian

9a Dundas Street, Edinburgh • Tel: 0131 556 1527

Website: www.cclothian.org.uk

Counselling, sex therapy, family therapy, counselling for young people (11-18),

Surviving the Break-up course – clients seen on their own or with partner.

Donations requested.

CrossReach Counselling: Lothians

St Andrews Centre, 9 Bayswell Rd, Dunbar EH42 1AB

Tel: 01368 865218 anne.low@crossreach.org.uk

Clinics held in:

St Andrews Centre, Dunbar

Tranent Health Centre, Loch Rd, Tranent

Tynepark Resource Centre, Haddington

The West Church, Court Street, Haddington

St Andrews Episcopal Church, West Loan, Prestonpans

St Andrews Blackadder, High St, North Berwick

Sees women, children, and young people for individual one-to-one counselling as well as family therapy.

ECLIPSE Counselling

West Wing, Esk Medical Centre, Musselburgh EH21 6AJ

Tel: 0131 665 2594

Free short-term counselling service available to those aged 16+. Available through your GP.

Samaritans

Helpline: 0845 7909090

Email: Jo@samaritans.org

Emotional support to anyone going through a personal crisis.

Mediation

Family Mediation Lothian

2nd Floor, 37 George Street, Edinburgh • Tel: 0131 226 4507

Provides assistance to help sort out difficulties relating to separation and family breakdown; also provides neutral venues called contact centres for contact between children and the parent living apart. Services for young people to resume shortly to discuss issues around the impact of parental separation.

Children's groups for ages 7 to 11.

Drugs and Alcohol

Drinkline

Helpline: 0800 731 4314, 24 hours, daily

Help to those worried about their own or another's drinking.

Mid and East Lothian Drugs (MELD)

6a Newmills Road, Dalkeith • Tel: 0131 660 3566

Counselling, support and advice to drug users, their friends and families.

Ethnic Minority Women

(See Shakti Women's Aid and Amina)

Lesbian and Gay

Broken Rainbow

Helpline: 08452 60 44 60

Mon, Thu 2-8pm Wed 10am-1pm

www.broken-rainbow.org.uk

Support for lesbian, gay, bisexual and transgender people experiencing domestic abuse.

Lothian Lesbian and Gay Switchboard

Tel: 0131 556 4049, 7.30-10pm, daily

24 hour crisis line: 0808 801 0414

Support organisation, providing services to gay and lesbian people in Edinburgh and the Lothians.

Support for Men

Men's Advice Line

Freephone: 0808 801 0327

Confidential support for men who experience domestic abuse from partners or ex-partners.

Respect

Freephone: 0845 122 2609

For people who are abusive to their partners and want to stop.

**Phone the Scottish Domestic Abuse Helpline in confidence
on 0800 027 1234 any time, day or night.**

Domestic abuse: there's no excuse

2008