



## NATIONAL SUPPORT SERVICES

### [24 hr Domestic Abuse and Forced Marriage Helpline](#)

Tel: 0800 027 1234

[Email Us](#)

Free confidential 24 hour support for people who have experienced domestic abuse.

### [Rape Crisis Scotland Helpline](#)

6pm-midnight

Tel: 08088 01 03 02

Minicom 0141 353 3091 deaf/ hard of hearing

[Email Us](#)

Crisis support for anyone in Scotland affected by sexual violence at any time in their lives.

### [Rape and Sexual Abuse Service Highland \(RASHASH\)](#)

Mon/Wed/Fri 9.30am-1.00pm

Tues/Thurs 1pm-4.30pm

Tel: 03330 066909

[Email Us](#)

RASASH provides free and confidential information, advocacy and support to anyone aged 13 or over who is affected by sexual violence.

### [Respect Phoneline](#)

Monday – Friday 9am–5pm

Tel: 0808 802 4040

[Email Us](#)

Will offer anyone who is worried that their own behaviour towards a partner is abusive, a chance to get support to stop and change. Can also support concerned friends and family.

### [Scottish Legal Aid Board Legal Help Information Line](#)

Tel: 0845 122 8686

[Email Us](#)

Helps individuals on low and modest incomes gain access to the legal system. Provides help towards the costs of legal advice and representation, for those who qualify, paid for out of public funds.

### [Civil Legal Aid Assistance \(Highlands and Islands\)](#)

Tel: 0845 123 2353 / 01463 641 770

[Email Us](#)

Employs solicitors to provide civil legal assistance direct to clients and address unmet legal need under Part V of the Legal Aid (Scotland) Act 1986.

### [Scottish Women's Rights Centre](#)

Tues 6-9pm Wed 1.30-4.30pm Fri 10am-1pm

Tel: 08088 010 789

[Email Us](#)

Provides free legal information and advice to women who have been affected by any form of Gender Based Violence