

NHS Greater Glasgow and Clyde Mental Health Improvement Team

Domestic Abuse Brief: Domestic abuse is increasing during lockdown. We know that domestic abuse can have a severe and lasting impact on mental health.

Pregnant and New Parents

Ready Steady Baby: a guide to pregnancy, labour and birth and early parenthood up to 8 weeks includes a section on [violence and abuse](#) in pregnancy.

Young Scot Ping: is the digital information resource for young people who have experience of pregnancy and parenthood. Provides information on maintaining a healthy relationship as a parent [here](#)

Children and Young people

Relationships, Sexual Health and Parenthood (RSHP): [national resource](#) for RSHP education for children and young people. Age and stage appropriate resource that covers all dimensions of relationships from friendships to abuse and relationships. Can be used in early learning settings, schools, colleges & community-based learning.

Childline: provides information and what Domestic Abuse is and supports for children Access [here](#)

YoungPeople@Sandyford: [information](#) on what is a healthy and unhealthy relationship with supporting videos.:

Adults

Citizens Advice Scotland: provides comprehensive advice on help for [domestic abuse](#)

LGBT Domestic Abuse Scotland: Providing [support and advice](#) to LGBT people and professionals.

Helplines

Scotland's Domestic Abuse and Forced Marriage Helpline: a national helpline to support anyone with experiences of domestic abuse or forced marriage as well as their friends, family, colleagues etc Provide a confidential service to anyone who calls them. 0800 027 1234 www.sdafmh.org.uk

Scottish Women's Rights Centre: Visit their [website](#) to find out more details about days for specific information including legal, advocacy and sexual harassment. Helpline 08088 010 789

Rape Crisis Helpline: provides crisis support for anyone in Scotland affected by sexual violence at any time in their lives. Helpline available every day 6pm to midnight **08088 01 03 02**

National Stalking Helpline: provides practical guidance and information to anybody who is currently or has previously been affected by stalking. CALL Helpline on **0800 132 737** available 9.30am-4pm weekdays expect Wednesday when it is open 1pm – 4pm. Not open on bank holidays.

Victim Support Scotland: Free and confidential support for anyone affected by crime. Call free helpline Mon-Fri, 8am-8pm **0800 160 1985**

ASSIST: support and advocacy for male or female victims engaged with the criminal justice process **0141 276 7710** ASSIST@glasgow.gov.uk

Mens Advice Line: a UK wide helpline for men who experience domestic abuse **0808 801 0327**
www.mensadviceline.org.uk

Fearfree: Support for people experiencing domestic abuse, identifying as a man or from the LGBT+ community **0131 624 7270** fearfreeinfo@sacro.org.uk www.fearfree.scot