## IF YOU HAVE BEEN AFFECTED BY

VIOLENCE AGAINST WOMEN **DOMESTIC ABUSE** 

**SEXUAL HARASSMENT** 

**RAPE AND SEXUAL ASSAULT** 

STALKING

'HONOUR-BASED' VIOLENCE

EQUALLY SAFE AT MORK

## **GET HELP AND SUPPORT**

**Domestic Abuse and Forced Marriage** 

24hrs: 0800 027 1234

**Rape Crisis Scotland** 

6pm-midnight: 08088 01 0302

**Scottish Women's Rights Centre** 

Mon 2-5pm, Tues 6-8pm, Wed 11am-2pm,

Fri 10am-1pm: 08088 010 789

Amina (BME women's support)

Mon-Fri 10am-4pm: 0808 801 0301

**Hemat Gryffe (BME women's support)** 

24hrs: 0141 353 0859

**LGBT** Health and Wellbeing Helpline

Tues & Wed 12-9pm: 0300 123 252

Equally Safe at Work has been developed by Close the Gap.

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www.equallysafeatwork.scot

