

[East Lothian and Midlothian Public Protection Committee](#) is committed to delivering '[Equally Safe, Scotland](#)' strategy preventing and eradicating violence against women and girls' in East Lothian and Midlothian through our services.

There are local and national supports for anyone who has experienced gender based violence, and for those who are causing harm to others and would like help to change their behaviour. This directory includes the local and national supports available.

If you or someone you know is experiencing abuse or causing harm, please ask for help so that you can get the right support.

1. Local supports for survivors of abuse

Anam Cara

Provides workshop based support to women whose aim is to improve their emotional wellbeing with an approach from lived experience.

- 07551 774 089
- Visit [Anam Cara](#)

Another Way

Provides one to one support for women over the age of 18 who are selling or exchanging sex from Edinburgh, the Lothians and the Scottish Borders, with a non-judgemental and trauma informed approach.

- 0131 624 7270
- Visit [Another Way, SACRO](#)

ASSIST - Advocacy Support Safety Information Services Together

Provides phone support to all victims and survivors (adults and children) of domestic abuse with a case going through the criminal court.

- 0141 276 7710
- Visit [ASSIST](#)

Beira's Place

Provides support, advocacy and information to women aged 16 and over who have experienced any form of sexual violence, by phone and in person. The site includes information for families, friends and professionals who may be supporting survivors.

- 0131 526 3944
- Visit [Beira's Place](#)

Connect – East Lothian

Provides groupwork support for women in East Lothian aged 18 and over who have had involvement with the justice system, in relation to mental health, substance use, domestic abuse, confidence or self-esteem. Connect is led by Justice Social Work, with a range of partner agencies involved.

- 07718 423 197
- Visit [Connect](#)

Disclosure Scheme for Domestic Abuse Scotland - DSDAS

The scheme allows individuals to ask Police Scotland if their partner has a known history of domestic abuse towards previous partners. It also allows concerned relatives and friends to ask about someone's partner in relation to known history of domestic abuse. This is the Right to Ask. The scheme also gives Police Scotland the Power to Tell people that they may be at risk of domestic abuse, even if the information has not been asked for.

- 01506 833 878 – this is the local police service number
- Visit [Domestic Abuse Disclosure Scheme for Scotland](#)

EDDACS – Edinburgh and District Domestic Abuse Advocacy Court Support

EDDACS, based in Edinburgh Women's Aid, provides phone and advocacy support for female victims of domestic abuse with a current case going through the court process. Please note they do not work with Petition Cases.

- 0131 315 8122
- Visit [EDDACS](#)

Edinburgh Rape Crisis Centre

Provides confidential emotional and practical support, information and advocacy to all survivors aged 12 and over in Edinburgh, East Lothian and Midlothian.

- 07966 067 301 or 0131 556 9437
- Visit [Edinburgh Rape Crisis Centre](#)

FearFree

Provides support for any man or LGBTI+ person experiencing domestic abuse.

- 0131 624 7266
- Visit [FearFree](#)

Housing and Homelessness

Provide emergency accommodation, advice and support for survivors of abuse for Council housing and alternative housing options – contact:

East Lothian Council

- 01620 827 827 - Ask for Housing or Homelessness
- 0800 169 1611 Homelessness Team Out of Hours service
- Visit [Housing](#)
- Visit [Homelessness](#)

Midlothian Council

- 0808 196 2292 - Housing Options
- 0808 196 2292 – Homeless Team
- 0131 201 0450 - Homeless Out of Hours service
- Visit [Housing](#) Visit [Homeless or at risk](#).

SARC – Sexual Assault Response Coordination Service, NHS

This NHS service provides a dedicated self-referral phone line which can offer you healthcare and support in the days after an assault and information on other services available in your area.

- 0800 148 8888
- Visit [Turn to SARCS](#)

Shakti Women's Aid

Provides help and support for black minority ethnic (BME) women, children, and young people who are experiencing, or who have experienced, domestic abuse.

- 0131 475 2399
- Visit [Shakti Women's Aid](#)

Social Work

Provides anyone with support and advice about any child or adult protection concerns.

- East Lothian Social Work 01875 824090 (children) [Child protection | Child protection | East Lothian Council](#)
- East Lothian Social Work 01875 824090 (adults) [Adult support and protection | Adult support and protection | East Lothian Council](#)
- Midlothian Social Work 0131 271 3413 (children) [Child protection | Report a child at risk | Midlothian Council](#)
- Midlothian Social Work 0131 271 3900 (adults) [Report an adult protection concern | Instructions \(midlothian.gov.uk\)](#)
- Emergency Social Care Service (out of hours) 0800 731 6969

Spring - Midlothian

Provides groupwork support for women in Midlothian aged 18 and over in relation to mental health, substance use, trauma and abuse and who may be involved in or at risk of offending. It is led by community justice with a range of partner agencies involved.

- 0771 0919 403
- [Visit Spring](#)

Women's Aid East and Midlothian (WAEML)

Provides information, one-to-one and groupwork support, advocacy and temporary accommodation for women, children and young people who have been subjected to domestic abuse.

- 0131 561 5800
- Visit [Women's Aid East and Midlothian](#)

Women's Supper Club - Midlothian

Provides a drop in for all women and children in Midlothian reducing social isolation, offering support, advice, and referrals to relevant agencies. Children's workers provide activities for children aged birth to 12 years. Supper is provided to all women and children. It is led by Women's Aid East and Midlothian with a range of partner agencies involved.

- 0131 561 5800
- Email info@womensaideml.org

2. Local supports for those harming other people

Your Chance to Change

Provides support to men in Midlothian who abuse their partners and want to change. This is a voluntary service which is led by the Justice Service, Midlothian Health and Social Care Partnership.

- 0131 285 9600 ask to speak to the Justice Duty Worker or a Team Leader or speak to a worker on 07880275668
- Email: justice@midlothian.gov.uk

3. Court mandated and multi-agency responses for victims and perpetrators of abuse

Caledonian System

This is a court ordered service which provides an integrated approach to address men's domestic abuse and to improve the lives of women, children and men. The men's service is a structured programme for men who are convicted of domestic abuse. The women and children's services are voluntary if they wish to engage. The women's service provides safety planning and advice and emotional support to female partners and ex partners. The children's service addresses the needs of children involved, working with partner services.

East Lothian Justice Social Work Service

- 01620 827 939
- Visit [Caledonian System](#)

Midlothian Justice Social Work Service

- 0131 285 9600 ask to speak to the Justice Duty Worker or a Team Leader
- Email: justice@midlothian.gov.uk

Domestic Abuse Referral Pathway (DARP) following a police incident.

Provides a pathway of support - when the police attend a domestic abuse incident they offer the victim specialist support. If they accept we ensure that the most suitable specialist agency responds to offer prompt support and safety planning.

- 07887 795 130 (Police Domestic Abuse Risk Assessor)
- Email: LothianScotBordersDAIUEastSafeguarding@scotland.police.uk

Marac – Multi Agency Risk Assessment Conference

Multi-agency meetings at least every four weeks in Midlothian and East Lothian to ensure the safety of victims of domestic abuse where there is high risk of serious harm.

Representatives work together sharing information and offering actions to increase safety and reduce risks for everyone involved.

- 07812 508 495
- Email: marac@eastlothian.gov.uk

MATAC - Multi Agency Tasking and Coordination

Police Scotland led initiative to identify and manage the most harmful domestic abuse perpetrators in order to achieve positive outcomes for the victims and their families.

- 01506 833 878
 - Email: LothianScotBordersDAIUEastSafeguarding@scotland.police.uk
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4. National services, helplines and emergency numbers

Help for anyone who is a survivor of abuse

Police Scotland – In an emergency

- Always call 999 – otherwise 101
- Visit [Police Scotland](#)

Breathing Space Scotland Helpline

This NHS services provides phone support for anyone aged 16+ experiencing low mood, depression or anxiety.

- 0800 838 587
- Visit [Breathing Space Scotland](#)

Child Line

Provides phone and online chat for anyone under the age of 19 for any worries or concerns

- 0800 1111
- Visit [Child Line](#)

Galop Helpline

Phone support for LGBT people experiencing domestic abuse, sexual violence, hate crime or problems with the criminal justice system.

- 0800 999 5428
- Visit [Galop](#)

LGBT Youth Scotland

Provides information and digital support for any LGBT+ young person

- info@lgbtyouth.org.uk
- Visit [LGBT Youth](#)

National Stalking Helpline - UK

Provides support for any victim of stalking.

- [Online stalking assessment tool](#)
- 0808 802 0300
- Visit [Suzy Lamplugh Trust - National Stalking Helpline](#)

Rape Crisis Scotland Helpline

Provides phone and web chat support for people of all genders aged 13+ who have been affected by sexual violence

- 08088 010302
- Visit [Rape Crisis Scotland](#)

Revenge Porn / Intimate Image Abuse Helpline UK

Provides support for anyone 18 years or more who has experienced intimate image abuse.

- 0345 6000 459
- Visit [Revenge Porn Helpline](#)

Scotland's Domestic Abuse and Forced Marriage Helpline

Provides phone support for anyone of any age, in a range of languages.

- 0800 027 1234
- Visit [Scotland's Domestic Abuse and Forced Marriage Helpline](#)

Surviving Economic Abuse – UK

Provides information and support to anyone experiencing economic abuse including a financial support line, a survivor's forum and an economic abuse guide.

- 08081 968 845
- Visit [Surviving Economic Abuse](#)

Victim Support Scotland Helpline

Provides free, confidential emotional and practical support and information about the criminal justice system for anyone affected by crime.

- 0333 034 1078
- Visit [Victim Support Scotland](#)

Help for women who are survivors of abuse

Encompass Network

Provides support to women involved in the sex industry

- info@womenssupportproject.org.uk
- Visit [Encompass Network](#)

Scottish Women's Rights Centre Helpline

Provides free and confidential legal advice and advocacy support to women.

- 0808 801 0789
- Visit [Legal advice surgery](#)
- Visit [Scottish Women's Rights Centre](#)

TARA - Trafficking Awareness Raising Alliance

Provides phone and in person support to women trafficked for commercial sexual exploitation and recovering in Scotland.

- 0141 276 7724
- Visit [TARA](#)

Help for boys, men and non-binary people who are survivors of abuse

AMIS - Abused Men in Scotland

Provides phone support for men who are experiencing or have experienced domestic abuse

- 03300 949 395
- Visit [AMIS](#)

Respect: Men's Advice Line

Provides phone support for male victims of domestic abuse

- 08088 010 327
- Visit [Respect Men's Advice Line](#)

Survivors UK

For any boy, man and non-binary person aged 13+ who has experienced sexual violence.

- 0203 598 3898
- Visit [Survivors UK](#)

Help for anyone who is hurting other people

Respect

Phone line support for anyone who is wanting help to change their abusive behaviours towards a partner or ex-partner.

- 0808 802 4040
- Visit [Respect](#)

Stop It Now Helpline

Confidential phone advice which aims to prevent child sexual abuse. The service is for anyone who is wanting to take steps to change their sexual behaviours or who is concerned about the sexual behaviours of someone else.

- 0808 1000 900
- Visit [Stop It Now](#)