

## Organisations offering helpline support and other services

### [Galop - LGBT Domestic Abuse Helpline](#)

Phone number: 0300 999 5428 or 0800 999 5428

### [Rape Crisis Scotland](#)

Phone number: 08088 01 03 02

Email: [support@rapecrisisscotland.org.uk](mailto:support@rapecrisisscotland.org.uk)

### [Trauma Counselling Line Scotland](#)

Phone number: 08088 020 406

Confidential telephone counselling to any adult who experienced abuse as a child. This can include sexual, emotional, physical, psychological, spiritual abuse or neglect.

### [SAY Women](#)

Phone number: 0141 552 5803

Supported accommodation and related services for young women, aged 16-25 years, who are survivors of childhood sexual abuse, rape or sexual assault and who are homeless or threatened with homelessness.

### [Karma Nirvana](#)

Phone number: 0800 5999 247

Karma Nirvana are here to listen to anyone who has been affected by Honour Based Abuse.