



#EMILYTEST:
SUPPORT STUDENTS AFFECTED
BY GENDER-BASED VIOLENCE

[English below]

Ceanglaichean Taice

Cunnart obann/Cron agus Fèin-mhort

Ma tha thu ann an cunnart obann a thaobh cron a dhèanamh ort fhèin no gun dean cuideigin eile cron ort, na biodh leisg ort fònadh 999. Tha ‘Poileas Alba’ a’ cur prìomhachas air seasamh an aghaidh GBV tron ghalar seo agus an dèidh sin.

Ma tha smuaintean is faireachdainnean a’ tighinn thugad mu dheidhinn làmh a chur nad bheatha fhèin, gabh fois airson mionaid. Tha slighe a-mach ann an còmhnaidh agus tha daoine ann a tha deiseil is deònach do chuideachadh. Nach cuir thu fios thuca an-dràsta.

- Cuir fòn gu na Samaritans, saor an-asgaidh, uair sam bith bho fòn sam bith – 116 123.
- Ma tha thu 35 no nas òige, faodaidh tu cuideachd fònadh gu Hopeline – 0800 068 4141 09.00 gu 22.00 Diluain gu Dihaoine, 14.00 gu 22.00 aig an deireadh sheachdain agus làithean-saora banca. Faic: <https://papyrus-uk.org/hopelineuk/>
- Lughdaich a-nuas saor an-asgaidh *Stay Alive* app - <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>
- Tha [goireasan taic a bharrachd](#) ann a dh’fhaodadh a bhith feumail dhut air an ath dhuilleag.

Support Contacts

If you are experiencing suicidal feelings or thoughts, or are thinking of ending your life, take a moment to pause. There is **always** a way out of **whatever** you are experiencing and there are people ready and waiting to help you. Reach out to them now:

- Call the Samaritans free any time, from any phone on 116 123
- if you are 35 or under, you can also call Hopeline on 0800 068 4141 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays. See also: <https://papyrus-uk.org/hopelineuk/>
- Download free *Stay Alive* app - <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>
- A wide range of specialist support is available, if you are in need of support:

Goireasan Taice a bharrachd / Additional Support

UK-wide GBV

The Survivors' Trust (anywhere in UK) on **08088 010 818** Monday -Thursday 10am - 6pm
Fri 10am - 2pm

<https://thesurvivorstrust.eu.rtt.org.uk/contact>

Scotland GBV organisations

- Scottish Women's Aid - Scotland's 24hr Domestic Abuse and Forced Marriage Helpline: 0800 027 1234 or www.sdafmh.org.uk/
- Rape Crisis Scotland: National Helpline on 08088 01 03 02 6pm - midnight, 7 days a week or www.rapecrisisscotland.org.uk/
- Further support and local services: www.mygov.scot/domestic-abuse/support-for-female-victims/

England GBV

- The Freephone, 24hr National Domestic Abuse Helpline – 0808 2000 247, run by Refuge or www.nationaldahelpline.org.uk/Contact-us
- Rape Crisis services – www.rapecrisis.org.uk/get-help/want-to-talk/
- Men's Advice Line – a confidential helpline, email and webchat service for male victims of domestic abuse: 0808 801 0327 or www.mensadviceline.org.uk.
- The Mix, free information and support for under 25s in the UK – 0808 808 4994 · Rights of Women advice lines: www.rightsofwomen.org.uk/get-advice/advice-lines/
- Women's Aid – including Live Chat, email, the Survivors Forum and local services: www.womensaid.org.uk/information-support/
- Respect Phonenumber – a confidential helpline, email and webchat service for domestic abuse perpetrators and those supporting them: 0808 8024040 or www.respectphonenumber.org.uk

Northern Ireland GBV

The 24 hr Domestic and Sexual Abuse helpline is open to women and men affected by domestic abuse or violence. This free telephone service is available 24 hours a day, 365 days a year:

- Phone: 0808 802 1414 (Freephone) · Email: help@dsahelpline.org
- Local services: www.womensaidni.org/get-help/local-groups/

Wales GBV

The Live Fear Free helpline provides advice, support and referrals 24 hours a day, 7 days a week, 365 days a year to anyone affected by violence against women, domestic abuse or sexual violence in Wales. You can contact the Live Fear Free Helpline on:

- Telephone: 0808 80 10 800
- Live Chat Service: gov.wales/live-fear-free
- Text: 078600 77 333
- Email: info@livefearfreehelpline.wales
- Local services: www.welshomensaid.org.uk/information-and-support/find-your-local-service/

LGBTQI GBV

Galop (UK) 24 hr LGBTQI* domestic and sexual violence helpline 0800 999 5428

<http://www.galop.org.uk/how-we-can-help/>

Stalking & cyberstalking

If you have or are experiencing stalking/cyberstalking, or potential stalking/cyberstalking:

- Suzy Lamplugh Trust (UK) National Stalking Helpline 0808 802 0300 Monday to Friday, 9:30am to 4pm (except Wednesday 1pm to 4pm)

<https://www.suzylamplugh.org/Pages/Contact.aspx>

- Cyberbullying UK

<https://www.bullying.co.uk/cyberbullying/>

Revenge Pornography

Revenge pornography is illegal. Contact the Revenge Porn helpline (only operating on email service at the moment) help@revengepornhelpline.org.uk Monday – Friday, 10am – 4pm

<https://revengepornhelpline.org.uk/>

Mental and Emotional Health

- Samaritans on 116 123 – free from any phone, any time
- Young Minds Crisis Messenger TEXT YM to 85258 - 24 hrs/day, 365 days a year
- Breathing Space - Helpline number: 0800 83 85 87

Weekdays: Monday-Thursday 6pm to 2am

Weekend: Friday 6pm - Monday 6am

- Saneline (UK) – Follow link to text and email service:

http://www.sane.org.uk/what_we_do/support/helpline

- Elefriends (UK) – a supportive, lively online 24 hrs/day, 7 days a week - support community with a free app available

<https://www.elefriends.org.uk/>

- Women's Aid Survivors' Forum (UK)

<https://survivorsforum.womensaid.org.uk/>