



Domestic Abuse

Domestic Abuse - Do you need help?

Domestic Abuse is the physical, emotional or sexual abuse of a person by their partner or ex partner. It can take many forms and can happen in the home or elsewhere. Help is available for ALL male and female victims of domestic abuse. Contact one of the numbers overleaf for information and support.

Help is available for all -

Someone to talk to, who listens and understands you.

Give you information: Home security, legal advice, benefits, places of safety and alternative housing.

Offer Support: Whether or not you have children. Whether or not you want to leave your partner.

Assault and other forms of violence are criminal acts. In an emergency dial 999 and Tayside Police will respond quickly.

Tayside Police Domestic Abuse Officers can also be contacted for advice and information between 9am and 4pm, Monday to Friday.

Dundee	01382 591912
Angus	01241 435742
Perth & Kinross	01738 892910

USEFUL PERSONAL NUMBERS

Friends.....
GP
School
Solicitor
Other

Useful Local Telephone Numbers

Angus

Tayside Police Domestic Abuse Officer	01241 435742
Barnardo's Domestic Abuse Worker	01241 435747
Women's Aid	01241 439457
Women's Rape and Sexual Abuse Centre	01382 201291
Victim Support	01241 870096
Housing Department (outwith office hours)	08452 777778
Social Work Department (outwith office hours)	01382 436430/1/2

Dundee

Tayside Police Domestic Abuse Officer	01382 591912
Barnardo's Domestic Abuse Worker	01382 596866
Women's Aid	01382 202525
Women's Rape and Sexual Abuse Centre	01382 201291
Victim Support	01382 305707
Housing Department (outwith office hours)	01382 432001
Social Work Department (outwith office hours)	01382 436430/1/2

Perth & Kinross

Tayside Police Domestic Abuse Officer	01738 892910
Barnardo's Domestic Abuse Worker	01738 892516
Women's Aid	01738 639043
Perth Rape Crisis Centre	01738 630965
Victim Support	01738 567171
Housing Department (outwith office hours)	01738 476700
Social Work Department (outwith office hours)	01382 436430/1/2

Other Useful Numbers

National Domestic Abuse Helpline (24hr)	0800 027 1234
Tayside Police (24hr)	0845 600 5705
Childline (24hr)	0800 1111
Know The Score Info Line	0800 587 587 9
Alcoholics Anonymous National Helpline (24hr)	0845 76 97 555
Al-Anon Helpline (24hr) (for relatives)	0141 339 8884

Ethnic Minority Refugees

Shakti Women's Aid	0131 475 2399
Hemat Gryffe Women's Aid	0141 353 0859

IN AN EMERGENCY DIAL 999