

Health Services:

If you have previously or are currently experiencing Domestic Abuse, whether it's of a physical, sexual, mental or emotional nature, you can contact a range of Health service staff for confidential advice, support and guidance.

Health Service Staff:

- *Can provide a quiet and confidential place to allow you the opportunity to talk on your own*
- *Will take your concerns seriously*
- *Will offer support, advice & information on other sources of help and can refer to appropriate agencies*

Local Health Partnerships

Annandale and Eskdale 01576 205520

Dumfries and Nithsdale 01387 244409

Stewartry 01556 502386

Wigtownshire 01776 706900 Ext.4002

Cresswell Maternity Wing (DGRI) 01387 246246

Dumfries and Galloway Royal Infirmary:
01387 246246

The most useful contact for you may be your General Practitioner or Health Visitor or any other health professional you are currently working with.

South West Rape Crisis and Sexual Abuse Centre: 01387 253113 or 01776 889331 (9am - 9pm)

We offer confidential support and counselling to survivors of rape, sexual assault and child sexual abuse. We also support people in their own homes, with daily tasks, through the outreach service funded by Supporting People. We also have a small refuge, "The Cosy House," available to survivors needing intensive support.

Childline: 0800 1111

This is the free national helpline for children and young people in trouble or danger. It is available 24 hours a day, every day of the year.

Shelterline: 0808 800 4444

This is a free phone service providing information about emergency access to refuge services and general housing matters.

The Samaritans: 08457 90 90 90

24 hour confidential emotional support for anyone in crisis. This number links up all their branches; or you can use the number of your local branch, which you will find in the phone book.

Male Advice Line: 01686 610 391

This is a 24 hour helpline for men who have experienced domestic abuse as a victim or a perpetrator.

Careline: 08451 228622

This is a national confidential counselling line for children, young people and adults on any issue including family, marital and relationship problems, child abuse, rape and sexual assault, depression and anxiety.

Citizen's Advice Service

The Citizen's Advice Service will help you to claim any benefits you may be entitled to. They can be contacted on the following numbers: Dumfries 01387 252456, Annan 01461 201012, or Stranraer on 01776 706355.

Couple Counselling: 01387 251245

Couple Counselling is experienced in talking through relationship difficulties and can speak to you as a couple or as individuals. They can give support and information.

Children and Families Social Work Services

Anyone can contact Social Work Services about their home situation. Often it helps to talk to someone. The local office will have become aware of a domestic abuse incident involving children as all Police referrals are forwarded to the Reporter to the Children's Panel and Social Work Services. They may contact you to ensure:

- *The ongoing safety of those living at home, particularly your children*
- *To help parents understand how domestic abuse affects their children both in the short and long term*
- *To provide advice, assistance and guidance about what services are available to all family members*

Annan 01461 203411, Kirkcudbright 01557 339260, Dumfries 01387 260877, Stranraer 01776 706082, out of hours emergency 0800 811 505


Homeless Services

If you are made homeless through domestic abuse and require temporary accommodation, Dumfries and Galloway Council's Homeless Services will provide you and your children with somewhere to stay until your case has been assessed, you have found your own accommodation or you have been offered permanent accommodation by one of the Local Registered Social Landlords. The Homeless Services can be contacted on the following numbers: Annan 01461 203311, Dumfries 01387 260000, Kirkcudbright 01557 330291 or Stranraer 01776 702151, out of hours emergency number 0800 811 505

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Domestic Abuse Strategy Group Working in Partnership

Domestic Abuse and the Law



**Domestic Abuse,
there's no excuse**

The law is there to protect you in a number of different ways.

- *Domestic abuse is a criminal offence. Assault is a criminal offence – no matter who has hit you.*
- *So is rape or sexual assault, vandalism or threats.*

You have the right to be free from harassment.

The help described in this leaflet is available to you regardless of race, religion and belief, sexuality, gender, age or disability and whether or not you are married or have children, or do not speak English. You do not need to be living together to suffer from domestic abuse.

Criminal Law

If you or your child/ren have been physically or sexually assaulted by your partner, the police may arrest your partner.

All police forces in Scotland treat domestic abuse seriously, so don't be afraid to contact them for help. Call 999 in an emergency, or get the number of your local police station from the phone book.

If your partner is arrested, charged, goes to court and bail is granted, the court may decide to impose certain conditions, for example limiting your partner's movements, where they go and where they stay.

This can give you some limited protection and time to consider what to do next.

If anyone is convicted of an offence involving harassing you, the court in some cases can make a non-harassment order.

Civil Law

There is also civil law protection available. You can apply to the court, using a solicitor, for an interdict. This is a court order which prohibits your partner from doing anything set out in the order. It may say that your partner can't come within a certain distance of your home, or shout at you and threaten you. You can also apply to the court for a non-harassment order.

Some women can apply for an exclusion order, which means your partner has to leave the house. You and any children can then stay in the family home. A solicitor will be able to tell you if this applies to you. Contact your local Women's Aid group to find a sympathetic solicitor in your area.

In some circumstances, you can apply for a matrimonial interdict with a power of arrest attached. This allows the police to arrest your partner if the terms of the interdict have been broken.

Who Can Help

There are people who can help you, who understand what you have been going through. They won't blame you for what has happened, or try to make you do what they think you should do.

They will let you talk, give you any information you need, and help you decide what to do next.

You can contact them as often as you need to.

Scottish Domestic Abuse Helpline: 0800 027 1234

Confidential information and support available 24 hours a day, every day of the year. The Freephone number does not appear on itemised phone bills.

They can put you in touch with local services like Women's Aid, or your Housing Department. Helpline workers are all women and have received training in all relevant issues.

Women's Aid

Women's Aid provides confidential information, support and safe refuge for women of all ages who have experienced or are experiencing domestic abuse. This is a women only service. All groups have children's support workers, who provide support to children and young people, helping them to understand what they have experienced and move on.

You don't have to be ready to leave home right away to go to Women's Aid – you can just go for a chat and to find out about your options. We can also make and accompany women to solicitors appointments. All groups have regular support meetings and all provide support after moving on from refuge. Dependent upon your circumstances, home visits may be possible or a mutually convenient place to meet could be arranged.

Dumfriesshire and Stewartry Women's Aid: 01387 263052 or 07710 152772 (24hr)

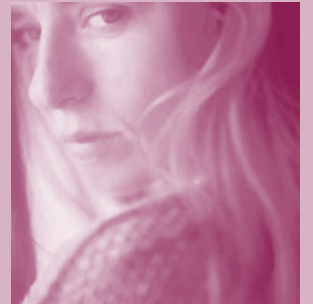
We have specially adapted accommodation for disabled women and children and mature single women.

Wigtownshire Women's Aid: 01776 703104 (24hr)

We have accommodation available for disabled women and children.

Victim Support

Victim Support offers information and support to victims of crime, including domestic abuse. All help is free and confidential. They can be contacted on the following numbers: Dumfries 01387 250883, Gatehouse of Fleet 01557 815095 and Stranraer 01776 707229.



Police

Domestic Abuse is a criminal offence which the police will treat as a high priority. While their primary role is to prevent and investigate crimes, the overriding concern of the attending officers is to ensure the safety and well being of you, your children and any other person present and they will do everything in their power to achieve that. You can also talk to specially trained, experienced officers at the Family Protection Unit who are able to offer additional support and assistance where required.

To contact the police in an emergency, call 999. For non-emergency matters, call Dumfries and Galloway Police on 01387 252112 (ask for Domestic Abuse Unit).