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| Domestic Abuse Helpline Caithness & Sutherland Women's Aid Lochaber Women's Aid Inverness Women's Aid Ross-shire Women's Aid Community Domestic Abuse Programme | FREEPHONE 0800 027 1234 0845 408 0151 01397 705734 01463 220719 01349 863568 01479 812144 |
| Rape & Abuse Line | 0808 800 0123 (7pm-10pm) (answered by women most evenings) 0808 800 0122 (7pm-10pm) (answered by men on selected evenings) |
| Police (in emergency) | 01463 715555 999 |
| Housing Department (Emergency out of hours) | 01463 702888 0845 700 2005 |
| Social Services (Emergency out of hours) | 01463 703456 0845 769 7284 |
| Advocacy Highland | 01463 233460 |
| Amina Muslim Women's Helpline | 0808 801 0301 |
| Hemat Gryffe Women's Aid Glasgow Asian, black minority ethnic women and children | 0141 353 0859 |
| Shakti Women's Aid Edinburgh Black and minority ethnic women and children | 0131 475 3299 |
| Victim Support | 01463 710806 |
| Useful Websites | www.scottishwomensaid.co.uk www.scotland.gov.uk www.zerotolerance.org.uk www.amnesty.org.uk www.un.org |

List compiled 6/08