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Support information on the Gender-Based Violence: Responding to Intimate Partner Violence and Abuse Course

If you have been affected by the contents of the course or news article, there are a number of helplines that are available on the course that give you guidance or help:

- [Breathing Space \(Scotland\)](#) 0800 838587 can help if you are feeling overwhelmed for any reason
- [Victim Support Scotland](#) 0800 160 1985 can help if you have been a victim of crime in Scotland
- [Victim Support UK](#) 0808 168 9111 can help if you have been a victim of crime in England and Wales
- [Samaritans \(UK\)](#) 116 123 can help if things are getting too much and you need someone to speak to
- [Rape Crisis Scotland](#) 08088 01 03 02 can help if you are concerned about issues around rape and sexual assault in Scotland
- [Scottish Domestic Abuse and Forced Marriage Helpline](#) 0800 027 1234 can help if you are concerned about violence or controlling behaviour in your relationship or that of a friend or family member and live in Scotland. They also provide advice and support about forced marriage.
- [Abused Men in Scotland](#) 03300 949 395 for men experiencing domestic violence or abuse in Scotland
- [National Domestic Abuse Helpline](#) 0808 247 2000 for women, children and men experiencing domestic violence or abuse in England and Wales
- [The National Domestic Violence Hotline](#) for anyone living in the USA concerned about intimate partner violence or abuse 1-800 799 7233 or text START to 88788
- [Hot Peach Pages](#) a list of global support contacts for violence against women and girls
- If you are a woman concerned about IPVA within an LGBTQ+ relationship and live in Scotland you can contact [Scottish Women's Aid](#) 08000271234
- If you are a man concerned about abuse within an LGBTQ+ relationship and live in Scotland you can access support via [FearFree](#)

For BAME women

Communications and Public Affairs Office
University of Glasgow, 244 Gilbert Scott
Building, Glasgow G12 8QQ
Tel: +44 (0)141 330 3535
Email: media@gla.ac.uk
www.glasgow.ac.uk



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- [Shakti Women's Aid](#) 0131 475 2399
- [Hemat Gryffe women's Aid](#) 0141 353 0859
- [Women's Aid](#) also list a number of specialist organisations on this page of their website

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