Specialist and Confidential support is available from:

Break the Silence 01563 559558 (Mon - Fri 9am - 4.30pm)

Childline: www.childline.org.uk | 0800 11 11

KARMA NIRVANA (supporting victims of honour-based abuse & forced marriage)
0800 5999 247 (Mon - Fri 9am - 5pm)

Men's Advice Line: www.mensadviceline.org.uk | 0808 801 0327 (Mon - Fri 9am - 5pm)

Muslim & BME Women search AMINA or visit mwrc.org.uk | 0808 801 0301 (Mon - Fri 9am - 5pm)

National LGBT & Domestic Abuse Helpline 0800 999 5428

NSPCC: www.nspcc.org.uk | 0808 800 5000

Papyrus Prevention of Young Suicide Helpline UK 0800 068 4141

Rape Crisis Scotland: www.rapecrisisscotland.org.uk | 0808 801 0302 (daily 6pm - 12am)

Samaritans www.samaritans.org | call 116 123 (24hr)

Scotland Domestic Abuse and Forced Marriage Helpline: sdafmh.org.uk | 0800 027 1234 (24hr)

Women's Aid Freephone 24hr National Helpline 0808 2000 247

Young Minds (Mental Health Support Service)
If you need urgent help text YM to 85258

Young Scot: www.youngscot.org

VAW
Violence Against Women
North Ayrshire Partnership

NORTH AYRSHIRE
Child Protection Committee
CARE, PROTECTION, COMMITMENT TO NORTH AYRSHIRE'S CHILDREN

getting it right
for every child
in North Ayrshire

North Ayrshire Council
Comhairle Siorrachd Àir a Tuath