

Psychological, emotional, physical and sexual abuse can take many forms.



In an emergency call 999.

If it's too dangerous to speak, dial '55' on your mobile when you're prompted.

Specialist & confidential help is available whatever your gender, sexuality, ethnicity, religion and experience:

Rape Crisis Scotland

Visit: rapecrisisscotland.org.uk

Call: **08088 01 03 02**

Text: **07537 410 027**

(daily, 17.00 - 00.00)

Scotland's domestic abuse and forced marriage helpline

Visit: sdafmh.org.uk

Call: **0800 027 1234** (24hrs)

Galop

Visit: galop.org.uk

Specialist support and advice for the LGBT+ community whatever your sexuality or gender identity.

Call: **0800 999 5428**

(Mon - Thurs, 10.00 - 20.30.

Friday, 10.00 - 16.30)

Men's Advice Line

Visit: mensadviceonline.org.uk

For men experiencing sexual violence and abuse.

Call: **0808 801 0327**

(Mon - Fri, 10.00 - 17.00).

AMINA

Visit: mwrc.org.uk

For BAME and Muslim women.

Call: **0808 801 0301**

(Weekdays, 10.00 - 16.00)

Revenge Pornography

Visit: revengepornhelpline.org.uk

Revenge pornography is illegal.

Call: **0345 6000 459**

help@revengepornhelpline.org.uk

(Call Mon - Fri, 10.00 - 16.00. Email weekdays, 10.00 - 16.00)

Support is also available from your college:

For Student College Support: Guidance.

Email: guidance@fife.ac.uk, or Call: **0344 248 0115**.

(Mon-Thu 9-5pm, Fridays 9-4:20pm)

For Staff College Support: Human Resources (HR). Email:

humanresources@fife.ac.uk.

DON'T SUFFER IN SILENCE. GET SUPPORT FOR YOUR MENTAL HEALTH.

In an emergency call 999

Specialist & confidential help is available whatever your gender, sexuality, ethnicity, religion and experience:

Samaritans

Visit: Samaritans.org

Call: **116 123** for free (24 hrs)

Breathing Space

An NHS Scotland service for anyone with low mood, anxiety or depression.

Visit: breathingspace.scot

Call: **0800 83 85 87** for free.

(Mon - Thurs 18.00 - 02.00,

Fri - Mon 18.00 - 06.00)

SHOUT

Provides free crisis support to young people, by text.

Text: SHOUT to **85258** for free

from most networks (24hrs)

CALM

Specialist support for men who are feeling down or need to talk.

Visit: thecalmzone.net/help

Call: **0800 58 58 58** for free.

(daily 17.00 - 00.00)

Switchboard

Specialist support for the LGBT+ community and anyone considering their sexuality or gender identity.

Visit: switchboard.lgbt

Call: **0800 011 9100**

(daily, 10.00 - 22.00)

Think Positive

NUS Scotland offers students a guide to self-management and links to support services for a wide range of mental health issues.

Visit: thinkpositive.scot/support-and-links

Professional and confidential support for your mental health is available within your college.

Contact Guidance: guidance@fife.ac.uk, or Call: **0344 248 0115** if you are a student (Mon-Thu 9-5pm, Fridays 9-4:20pm)

For staff, please contact HR: humanresources@fife.ac.uk