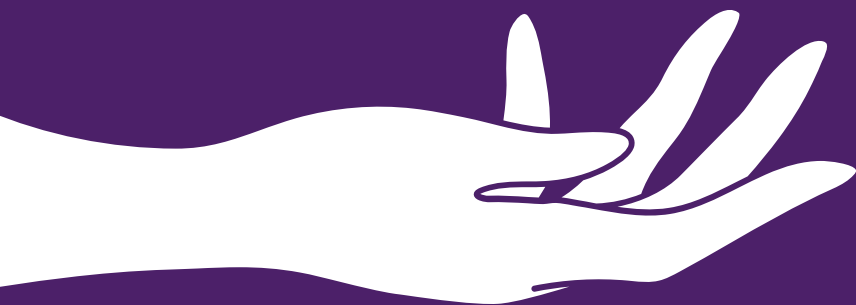




Support and guidance for women and girls



VAW

Violence Against Women

North Ayrshire Partnership

Women's Aid - 01294 602424 (select option 2)

North Ayrshire Women's Aid is a unique specialist service which provides both emotional and practical support to women and children affected by domestic abuse: www.nawomensaid.com

24-hour National Domestic Abuse Hotline - 0800 027 1234

Call the helpline to speak with highly-trained female advisers in confidence. The advisers will empower you to understand your options and support you to make any decisions about the future. They can also support you to increase your safety and help find you refuge or other specialist services: www.nationaldahelpline.org.uk

Break the Silence - 01563 559558

Break the Silence provide a range of tailored, professional support for people affected by sexual trauma, aged 13 years and above in East and North Ayrshire: www.breakthesilence.org.uk

Police Scotland

If you or someone you know is in immediate danger or in an emergency situation call 999. For non-emergency situations call 101.

It can be easy to miss the signs of a coercive abusive relationship.

Does your partner:

- Threaten or intimidate you?
- Control your finances?
- Deprive you of food?
- Bully, humiliate or degrade you?
- Restrict your activities?
- Monitor your time?
- Stop you from seeing your family and friends?
- Pressure you?

Coercive control can make you feel worthless, isolated or pressured into doing things you don't feel comfortable with.

Having no freedom, choice or opinion over your own activities, body or finances is controlling and abusive.

If you recognise any of these behaviours please speak up.

Do you have concerns about your own, or someone else's partner?

The **Disclosure Scheme for Domestic Abuse Scotland (DSDAS)** gives people the right to ask about the background of their partner.

It also allows concerned relatives and friends, the right to ask about someone's partner. They can ask if they have been abusive in the past. DSDAS also gives Police Scotland the power to tell people that they may be at risk. This information can be given if it is not asked for.

DSDAS allows people to make the choice on whether to remain in the relationship. Police Scotland and partners can then help and support them.

You can have a DSDAS application filled out for you at your local police station or you can visit the Police Scotland website to submit an online application.

For more information on DSDAS or to fill out an online form visit the Police Scotland website via the QR code.



Ask for Angela is an initiative used by bars and other licensed venues in North Ayrshire to keep women safe from sexual assault by using a codeword to identify when they are in danger or find themselves in an uncomfortable situation.

If you're on a date that isn't working out or you feel like you're not in a safe situation, you can "Ask for Angela" at the bar to alert staff that there is a potential problem, and that you need help.

Bar staff will call you a taxi or help you out discreetly - without too much fuss.

Free Rape Crisis Scotland Helpline (open every day, 6pm - midnight)
08088 01 03 02

