

JUST ASK - USEFUL CONTACTS

WHAT TYPE OF ADVICE DOES YOUR CLIENT NEED?

GENERAL SUPPORT AND ADVICE

Border Women's Aid
01835 863514

LetSBsafe
01835 863878

SBC Welfare Benefits Service
0300 100 1800
01896 849802

Scottish Borders Rape Crisis Centre
0800 054 2445
01896 661070

Social Work out-of-hours
01896 752111

The Samaritans
01750 20000

Age Concern Scotland
0808 808 8141

National Domestic Abuse Helpline
0800 027 1234

National Women's Aid/REFUGE
0808 2000 247

Scottish Women's Aid
0131 226 6606

Shakti Women's Aid
0131 475 2399

ADVICE AND SUPPORT FOR CHILDREN

CHILDREN'S INTEGRATED SERVICES TEAMS:

Duns
01361 886115

Galashiels
01896 661880

Hawick
01450 364777

Innerleithen
01896 833489

Kelso
01573 223501

Children 1st
01750 22892

LetSBsafe 2
01750 22892

Penumbra Youth Project (16-25)
01896 751177

Child Protection Line
0800 022 3222

Parentline
0808 800 2222

Childline
0800 1111

HEALTH ADVICE

Borderline
0800 027 4466

Scottish Association of Mental Health (SAMH)
01896 759746

Sexual health clinic
01896 663700

NHS 24
08454 24 24 24

Rape Crisis Scotland helpline
08088 01 03 02

ADVICE ON SUBSTANCE MISUSE

Addaction Borders
01896 757843

Big River Project
01896 759740

Borders Alcohol & Drugs Partnership
01896 825566

face2face
01896 664430

HOUSING ADVICE

Berwickshire Housing
01361 884000

Eildon Housing
01750 725900

SBC Homelessness Service
0800 376 1138
01835 865180

SBHA
01896 662870
01450 360650

Waverley Housing
01450 364200

REFUGE
0808 2000247

Shelterline
0808 800 4444

DOES YOUR CLIENT WISH TO REPORT A CRIME?

Domestic Abuse Liaison Officer
01896 662713

Hawick Police Station
01450 375051

Victim Support
01896 751212
(for support to report a crime)

LEGAL ADVICE

Citizens Advice Bureau
01896 753889
01450 374266
01721 721722

Victim Support
01896 751212

Legal Aid
0845 122 8686

local contacts

national contacts