

Gender-Based Violence (GBV) support during COVID-19 situation.

At UWS our commitment to provide support for students and staff experience Gender Based Violence remains of paramount importance. A wide range of specialist services, organisations and helplines continue to provide support.

UWS Student Services teams work in partnership with relevant specialist services to help provide the best tailored support to students. If you wish to access university help please contact hub@uws.ac.uk or call 0141 848 3800

Any student experiencing financial hardship should contact the Funding and Advice Team, and can find out more online at <https://uws.mydaycloud.com/pages/funding-and-advice>

Support Contacts

Immediate Danger/Harm & Suicide

If you are at immediate risk of harming yourself or of someone else harming you, please do not hesitate to dial 999. Police Scotland remain committed to tackling GBV throughout this pandemic and beyond.

If you are experiencing suicidal feelings or thoughts, or are thinking of ending your life, take a moment to pause. There is **always** a way out of **whatever** you are experiencing and there are people ready and waiting to help you. Reach out to them now:

- Call the Samaritans free any time, from any phone on 116 123

UK-wide GBV

[The Survivors' Trust](#) (anywhere in UK) on **08088 010 818** Monday -Thursday 10am - 6pm
Fri 10am - 2pm

Scotland GBV organisations

- [Scottish Women's Aid](#) - Scotland's 24hr Domestic Abuse and Forced Marriage Helpline: 0800 027 1234
- [Rape Crisis Scotland](#): National Helpline on 08088 01 03 02 6pm - midnight, 7 days a week

England GBV

- The Freephone, [24hr National Domestic Abuse Helpline](#) – 0808 2000 247, run by Refuge
- [Rape Crisis services](#)
- [Men's Advice Line](#) – a confidential helpline, email and webchat service for male victims of domestic abuse: 0808 801 0327.
- [Women's Aid](#) – including Live Chat, email, the Survivors Forum and local services

Northern Ireland GBV

The 24 hr Domestic and Sexual Abuse helpline is open to women and men affected by domestic abuse or violence. This free telephone service is available 24 hours a day, 365 days a year:

- Phone: 0808 802 1414 (Freephone) · Email: help@dsahelpline.org
- Please find a list of other relevant [Local services](#)

Wales GBV

The Live Fear Free helpline provides advice, support and referrals 24 hours a day, 7 days a week, 365 days a year to anyone affected by violence against women, domestic abuse or sexual violence in Wales. You can contact the Live Fear Free Helpline on:

- Telephone: 0808 80 10 800
- Live Chat Service: gov.wales/live-fear-free
- Text: 078600 77 333
- Email: info@livefearfreehelpline.wales
- Local services: www.welshwomensaid.org.uk/information-and-support/find-your-local-service/

LGBTQI GBV

[Galop](#) (UK) 24 hr LGBTQI* domestic and sexual violence helpline 0800 999 5428

Stalking & cyberstalking

If you have or are experiencing stalking/cyberstalking, or potential stalking/cyberstalking:

- [Suzy Lamplugh Trust](#) (UK) National Stalking Helpline 0808 802 0300 Monday to Friday, 9:30am to 4pm (except Wednesday 1pm to 4pm)
- [Cyberbullying UK](#)

Revenge Pornography

Revenge pornography is illegal. Contact the [Revenge Porn helpline](#) (only operating on email service at the moment) help@revengepornhelpline.org.uk Monday – Friday, 10am – 4pm

Mental and Emotional Health

- Samaritans on 116 123 – free from any phone, any time
- Young Minds Crisis Messenger TEXT YM to 85258 - 24 hrs/day, 365 days a year

- Breathing Space - Helpline number: 0800 83 85 87
Weekdays: Monday-Thursday 6pm to 2am
Weekend: Friday 6pm - Monday 6am
- [Saneline \(UK\)](#) –text and email service
- [Women's Aid Survivors'](#) Forum (UK)