



USEFUL CONTACTS

Fife Women's Aid (women only)
0808 802 5555

Fife Cares (through Fife Council Contact Centre)
03451 551503

Homeless Advice
0800 028 6231

Police Scotland (non-emergency)
101

Shakti Fife (ethnic minority women)
01383 431243

National Domestic Abuse Helpline
0800 027 1234

Fearless Project (men/LGBT)
0131 624 7266

National Stalking Helpline
0808 802 0300

Fife Violence Against Women Partnership
www.fifedirect.org.uk/domesticabuse

Fife Women's Aid
www.fifewomensaid.org.uk

National Stalking Helpline:
www.stalkinghelpline.org

A range of services to help if you are experiencing domestic abuse

IN AN EMERGENCY CALL 999

Safe, Secure and Supported at Home (SS&S@H)

Fife has a range of new services to help if you are experiencing domestic abuse. We want to support you to live safely in a place of your choice. This might mean making you feel safer in the family home or looking at other housing options.

If you are living with domestic abuse or have moved on from an abusive relationship, it is good to check out what help there is as early as possible.

It may be you:

- want to check out your housing options, or
- talk over your situation with someone who understands, or
- get information about practical things like home security or
- find a friendly face and meet new people or
- get legal advice
- You can ask for help with one thing or a range of services.

Safe, Secure and Supported at Home is funded by the Big Lottery Fund to add to services offered by these agencies.

HOUSING

Prevention First is about avoiding people becoming homeless in the first instance by providing advice, assistance and support to help find realistic solutions to having a safe place to live. You will be offered an appointment to discuss your options in full, but this will be explained when you make contact.

Homeless Service

If it is not safe for you to remain at home and you need to leave immediately - temporary accommodation can be arranged.

**Homeless Advice and Prevention
Tel: 0800 0286231**

FIFE CARES

A free home security assessment is available, including practical and emotional support tailored to individual circumstances. A home security adviser or police officer can visit your home, help you risk assess and provide information on a range of issues including:

- Door and window security
- Security lighting
- Personal safety

For further information about Fife Cares contact Fife Council Contact Centre on: 03451 551503 or visit : www.fifedirect.org.uk/sssh

FIFE WOMEN'S AID

If you want to talk to someone who understands, Fife Women's Aid provides a wide range of services to women and children with experience of domestic abuse. This can include refuge as well as:

- the chance to talk about your worries,
- informal friendly support
- planning to be safer,
- information about your rights, legal issues, housing and benefits
- thinking about your choices and next steps

Contact details: 0808 802 5555

POLICE SCOTLAND

Domestic abuse is a priority for Police Scotland and there is a specialist Domestic Abuse Unit (DAU) in Fife. Police officers will ensure the safety of the victim and their families and carry out thorough investigations.

The DAU can also offer:

- advice on reducing risk
- discuss legal options
- practical assistance

Police Scotland 101 and ask for Fife Domestic Abuse Unit

