



## Children and Young People's Service

If you are experiencing domestic abuse we can support you:

- Someone to listen & advocate on your behalf
- Providing somewhere safe to talk
- Telephone, face to face, text & email support
- Information
- 1 to 1 and group support
- Outings & activities
- Support plans

### Contact Us

Telephone

0345 4080151\* - helpline

01408 633966 - office

Mon - Fri 9am - 5pm (24 hour answer service)

Email: [info@caswa.org.uk](mailto:info@caswa.org.uk)

Website: [www.caswa.org.uk](http://www.caswa.org.uk)

## Helpful Phone Numbers

Police Scotland	Emergency 999
	Non-emergency 101
	Confidential 01463 723321
Health & Social Care	Out of hours 08456 014813
	North 01955 605040
Housing	Out of hours 08457 002005
	North 01408 635380
Samaritans	08457 909090
Victim Support	0845 6039213
Citizens Advice Bureau	01847 894243 (Thurso)
	01955 605989 (Wick)
	01408 633000 (Golspie)
Child line	0800 1111 (24 hours)



Caithness & Sutherland Women's Aid

Telephone 0345 4080151\* - helpline

01408 633966 - office

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Email [info@caswa.org.uk](mailto:info@caswa.org.uk)

National Domestic Abuse Helpline

0800 0271234 (24 hours)

Registered as a charity in Scotland Number SC 327960

Registered address VGES, Main Street, Golspie KW10 6TG

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# CAITHNESS & SUTHERLAND WOMEN'S AID

CASWA



A service for Women and children who have experienced or are experiencing

## Domestic Abuse

Does your partner hurt you, make it difficult to see your family and friends, constantly check up on you, and withhold money, food, affection?

Are you worried that your children are affected?

We provide confidential, non-judgemental information and support

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Website: [www.caswa.org.uk](http://www.caswa.org.uk)

National Domestic Abuse Helpline 0800 0271234

(24 hours)

\* Calls cost 1.5 pence per minute plus your phone company's access charge

Charity Number SC-034356



Domestic abuse is emotional, financial, physical and/or sexual abuse by a partner or ex-partner. It often gets worse over time and is very common. If it is happening to you now, or has happened in the past, we will:

Listen to you, believe you and offer you the support & information you need.

We can provide telephone, text and email contact. We can provide face to face contact in a place & at a time that is safe for you.



Money & Benefits



Assistance in accessing services (e.g. lawyers, health visitors etc)



Practical & emotional support



Children & parenting



Safety & well being



Information



Housing

Women and children have the right to live free from domestic abuse & fear. No one deserves to be abused.

## Some ideas to help yourself

Think about how you might leave if you need to. Tell someone you can trust what your plans are.

- If you can, think of somewhere safe to keep a small amount of money for a bus/taxi fare or a phone call
- Try to use phones and computers in a public place like a library
- Try to take your birth certificate, national insurance number, passport, bank account information for yourself and your children with you. Don't worry if you don't have them.. They can all be replaced
- If you can - pack a bag with clothes, toys food and toiletries and leave them at a friends house
- Try to keep a key to your home
- Only tell people you can trust where and/or when you are going.

All the support services provided by Caithness & Sutherland Women's Aid are free & confidential.

You can ring **0345 4080151\*** and talk to a support worker. You can talk about your options, how you're feeling, & find out about our services, get information about and referral to other agencies that can help.

## Children and Young People's Service

CASWA



**Problems at Home**

Arguing, shouting, hitting, swearing, name calling. Can't bring friends home, not allowed your things?????

Do you feel scared, alone, confused, unhappy, angry, blame, guilty????

Domestic abuse is when a person hurts, bullies or takes away choices from someone they have a close relationship with. It causes one person to be scared of another. It happens more than once. It's not easy living at home when this stuff is going on.

It's not your fault and it's not OK for it to happen.

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