The Church of Scotland

1 in 3 women

will experience **domestic abuse** or **sexual violence** during their lives.

If you have experienced rape, sexual assault, or controlling, violent or abusive behaviour in a relationship, know that:

- **We will believe you**
- **It is not your fault**
- **There is no excuse**
- **There is help available**
- **You are not alone**

If you would like to speak to someone, or you are worried about someone you know, contact:

Scotland's Domestic Abuse and Forced Marriage Helpline
Tel: 0800 027 1234 or **Text:** 07401 288595
Email: helpline@sdafmh.org.uk

Rape Crisis Scotland
Tel: 08088 010302

The Church of Scotland Safeguarding Service
Tel: 0131 240 2256
Email: safeguarding@churchofscotland.org.uk



integrity
Working to end gender-based violence

Scottish Charity Number: SC011353

www.churchofscotland.org.uk