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| A picture containing diagram  Description automatically generated | If you have been affected by domestic abuse or forced marriage, phone Scotland’s Domestic Abuse and Forced Marriage Helpline on:  **08000271234**    The line is open 24 hours a day, 7 days a week. |
| A picture containing icon  Description automatically generated | If you have been affected by sexual violence phone Rape Crisis Scotland on:  **08088010302** |
| See the source image | If you have been raped or sexually assaulted, phone the NHS Sexual Assault Response Coordination Service on:  **0800 148 88 88**  Calls are free from landlines and mobiles 24 hours a day, 7 days a week. |
| Graphical user interface  Description automatically generated with low confidence | To report domestic abuse **when it is not an emergency** phone Police Scotland on:  **101** |
| Image result for Phone 999 | **If you are in danger phone 999**.  If it’s not safe to speak try to reply to instructions by tapping or making a noise.    If you call from a mobile you may be asked to press 55. This lets the operator know it’s an emergency. |