

## Useful Contacts - Relationships

### **Sandyford Initiative**

0141 211 6700  
helpsandyford@ggc.scot.nhs.uk

### **The Spark**

0808 802 2088 (to speak to someone)  
0808 802 0050 (book counselling)

### **Relate – Glasgow**

0141 248 5249  
www.relatescotland.org.uk

### **Relate - Helpline**

0845 130 4010

### **Divorce Aid**

www.divorceaid.co.uk

### **Scottish Institute of Human Relations**

0141 332 0011  
www.sihr.co.uk

### **Glasgow Women's Aid**

0141 552 2022  
www.scottishwomenaid.org.uk

### **Rape Crisis Centre**

0141 552 3200  
www.rapecrisiscentre-glasgow.co.uk

### **Relationship Coaching Partnerships**

0141 332 6888  
info@relationcoaching.co.uk

### **ASSIST**

0141 847 0306  
assist@drs.glasgow.gov.uk



0141 232 555

[www.wellbeing-glasgow.org.uk](http://www.wellbeing-glasgow.org.uk)

## *Useful Contacts - Domestic Abuse*

### **Glasgow Women's Aid**

0141 553 2033

[www.scottishwomensaid.org.uk](http://www.scottishwomensaid.org.uk)

### **Hemat Gryffe Women's Aid**

0141 353 0259

[www.hematgryffe.co.uk](http://www.hematgryffe.co.uk)

### **Scottish Domestic Abuse Helpline**

0800 027 1234

### **G Division–Domestic Abuse Unit**

0141 532 4961

### **ASSIST**

0141 276 7710

### **Castlemilk Law Centre**

0141 634 0313

[castlemilklawcentre@tiscali.co.uk](mailto:castlemilklawcentre@tiscali.co.uk)

### **Women's Support Project**

0141 552 2221

[www.womenssupportproject.co.uk](http://www.womenssupportproject.co.uk)

### **Support Line**

02085549004

[www.supportline.org.uk](http://www.supportline.org.uk)

### **Men's Aid**

0871 223 9986

[www.mensaid.com](http://www.mensaid.com)

### **Men's Advice Line**

0808 801 0327

[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

### **Breakthrough for Women**

0141 552 5483



0141 232 555

[www.wellbeing-glasgow.org.uk](http://www.wellbeing-glasgow.org.uk)