



- ▶ Samaritans: 116 123  
www.samaritans.org
- ▶ Trauma Counselling Line Scotland: 08088 020 406  
www.health-in-mind.org.uk

You can also speak confidentially to:

how you are feeling.

Speak to your GP about how you are feeling. They can refer you to specialist psychological services where you can get confidential help to understand and deal with

difficultly sleeping, have nightmares, suffer from memory loss, or poor concentration. experience, for example, you may feel very sad, anxious, or exhausted. You may have continue for a long time after the exploitation ends. There are many difficulties you may

**Psychological Help** Trafficking and exploitation can have a big impact on your mental health which can

treatment. This can include dental or eye care.

You can also get accident and emergency services at NHS hospitals. Depending on the type of permission you have to stay in the UK, you may have to pay for some medical

nurse if you prefer. You can also ask for an interpreter.

You can register by visiting your local GP surgery. You can ask for a female doctor or You have the right to free, confidential healthcare from a GP (called 'primary care').

## HEALTH

For the latest guidance from NHS Scotland and the Scottish Government please check [www.nhsinform.scot](http://www.nhsinform.scot)



You can also contact JustRight Scotland for advice and information on any of the issues discussed in this booklet connected to your trafficking and/or exploitation.

You can contact us on **0141 406 5350**, at [info@justrightscotland.org.uk](mailto:info@justrightscotland.org.uk) and find us at [www.justrightscotland.org.uk](http://www.justrightscotland.org.uk)

This booklet has been compiled by JustRight Scotland and Women with lived experience of trafficking as part of the EU project:

**ASSIST:** Gender Specific Legal Assistance and Integration Support for Third Country National Female Victims of Trafficking for Sexual Exploitation



Funded by the European Union's Asylum, Migration and Integration Fund



# KNOW YOUR RIGHTS!

For the latest guidance on coronavirus (Covid-19) from NHS Scotland and the Scottish Government please check [www.nhsinform.scot](http://www.nhsinform.scot)



**Information for Trafficked Women from Abroad on your rights and support in Scotland**

**Have you been recognised as a victim of trafficking or exploitation?**

Being a victim of trafficking or exploitation can have a long-term impact on you and affect many parts of your life. You may also find it difficult to adjust to living in a new country or place. But you are not alone. There is help for you to start recovering from your experiences and help you settle into your new life.

This booklet gives information on some of the help available to you and who to contact.

**You can contact JustRight Scotland for advice and information on any of the issues discussed in this booklet**

You can contact us on **0141 406 5350** at [info@justrightscotland.org.uk](mailto:info@justrightscotland.org.uk) and find us at [www.justrightscotland.org.uk](http://www.justrightscotland.org.uk)



## WHO CAN HELP

If you are a victim of trafficking and/or exploitation and need help, you can contact:

- ▶ Modern Slavery Helpline: 0800 012 1700  
[www.modernslaveryhelpline.org/scotland](http://www.modernslaveryhelpline.org/scotland)
- ▶ Police Scotland: 999 for urgent help. Call 101 if not urgent.

If you are worried that someone else might be a victim of trafficking, you can also contact the Modern Slavery Helpline or Police Scotland. You can also report anonymously to:

- ▶ Crimestoppers: 0800 555 111

## SPECIALIST SUPPORT IN SCOTLAND

### Trafficking

If you are a woman over 18 years old, and have been trafficked and sexually exploited, you may be able to get help and advice from:

- ▶ TARA (Trafficking Awareness Raising Alliance) – 0141 276 7724

For all other types of trafficking and exploitation of men and women over the age of 18, OR for men who have been trafficked and sexually exploited, help may be available from:

- ▶ Migrant Help – 0141 884 7900

**If you want to make a report to the Police, you can call 101.**

**If it is an emergency, call 999.**

### Legal

If you have an issue with any of the areas mentioned in this leaflet, you may need legal advice and you may be eligible for legal aid.

**You can find a solicitor to help you** on the Law Society of Scotland website:

- ▶ [www.lawscot.org.uk/find-a-solicitor](http://www.lawscot.org.uk/find-a-solicitor)



- ▶ Bridges Programme (Glasgow): 0141 558 9749  
www.bridgesprogramme.org.uk
- ▶ Scottish Refugee Council: 0141 223 7979  
www.scottishrefugeecouncil.org.uk

If you are a Refugee, you can get advice on employability from:

are available.

There are also employment agencies in your area who can tell you what jobs

- ▶ My Job Scotland: [www.myjobscotland.gov.uk](http://www.myjobscotland.gov.uk)
- ▶ Jobcentre Plus: [www.gov.uk/find-a-job](http://www.gov.uk/find-a-job)

If you are looking for work, you can find jobs advertised at your local Jobcentre or at:

in your area. You can check their website for more information.

Your local council may also be able to tell you what employability services are

- ▶ Skills Development Scotland - 0800 917 8000  
www.skillsdevelopmentscotland.co.uk

and help you with your CV.

Scotland who can support you to improve and develop the skills you need to work If you want help to get paid employment, you can contact Skills Development

- ▶ [www.volunteerscotland.net](http://www.volunteerscotland.net)

You can find out about volunteering opportunities at:

It can also help build your confidence and important life skills.

Volunteering can help you develop the skills and experience needed to get a job.

## EMPLOYMENT

## HEALTH (Cont.)

### Sexual Health

There are special clinics you can go to for confidential advice and information on women's sexual health. You can access many services including contraception (including emergency contraception), tests for sexually transmitted infections (STIs), and help with reproduction issues.

### Other Health Resources

If your GP surgery is closed and you are too ill to wait for them to reopen, you can call NHS 24 on 111 for help and access to an 'Out of hours GP'. This number is NOT for emergencies.

- ▶ For emergency medical treatment, call 999 and ask for an ambulance.

## EDUCATION

Access to education courses and funding for education will depend on the type of permission you have to stay in the UK. Courses can range from improving your English skills, to studying towards a career or university. You may also be eligible for financial support as a student. Speak to Student Services at your local college about what courses you can take and what funding you are eligible for.

You may need extra support and help to get the best out of your education. Contact Student Services at your college or university to discuss what help and support is available to you.



## ARE YOU A VICTIM OF HUMAN TRAFFICKING AND/OR EXPLOITATION?

### Some of the signs (there are many others):

- ▶ You have been brought to the UK by force or pretence
- ▶ You are made to take part in sexual acts against your will, for money, and someone else takes the money
- ▶ You have to work for long hours and have no or few days off
- ▶ You have to do these acts/work to pay off a debt
- ▶ You are under the control of someone else
- ▶ Your movements are monitored and/or controlled by others
- ▶ You are being moved to different locations by other people
- ▶ You have been mentally, physically, sexually abused, or threatened with harm
- ▶ You have been told not to tell anyone what is happening to you
- ▶ Your passport or documents have been taken from you
- ▶ You had to travel on fake passport/documents or under a different identity
- ▶ You do not have a permission to stay in the UK and have been told you will be forced to leave if you tell the police or authorities what is happening to you
- ▶ You have been told your family will be harmed if you do not do as you are told and/or if you tell anyone what is happening to you
- ▶ You have been made to take an oath promising you will not tell anyone what is happening to you.

There may only be one of these signs, or none, or you may be experiencing other things and still be a victim of human trafficking. If you think you are, **please get help.**

## OTHER RIGHTS & SERVICES

### Criminal Injuries Compensation

You have the right to financial compensation for injuries (physical and/or mental) you received when you were trafficked/exploited in the UK.

You can apply to the Criminal Injuries Compensation Authority (CICA) for financial compensation for the harm you experienced when you were trafficked/exploited in the UK. CICA is a Government fund for victims of violent crime.

You can find more information on criminal injuries compensation here:

- ▶ Criminal Injuries Compensation Authority – 0300 003 3601  
[www.gov.uk/claim-compensation-criminal-injury](http://www.gov.uk/claim-compensation-criminal-injury)

### Other Compensation

You may also have a claim against the people who trafficked and/or exploited you. A solicitor can help you with this.

### Employment law

You may have a case against an employer if they exploited you (e.g. unpaid wages; poor working conditions; discrimination). A solicitor can help you with this.

### Family Reunion

If you have been granted Refugee status or Humanitarian Protection in the UK, you have the right to bring your spouse/unmarried partner and children under the age of 18 living abroad to join you in the UK. A solicitor can help you with this.



### Immigration Status

You may need to renew your immigration status or get advice on the conditions of your permission to stay in the UK. A solicitor can help you with this.

### Domestic Abuse/Rape and Sexual Assault

If you are experiencing or have experienced violence and/or abuse (physical, psychological, or emotional), you can speak confidentially to, and get advice and help from:

- ▶ Scottish Women's Aid: 0800 027 1234  
[www.womensaid.scot](http://www.womensaid.scot)
- ▶ Rape Crisis Scotland: 0808 801 0302  
[www.rapecrisisscotland.org.uk](http://www.rapecrisisscotland.org.uk)
- ▶ Scottish Women's Rights Centre: 0808 801 0789  
[www.scottishwomensrightscentre.org.uk](http://www.scottishwomensrightscentre.org.uk)

### Involvement in the Sex Industry

If you are involved in the sex industry and need help and advice, you can find services available to you at:

- ▶ Encompass  
[www.encompassnetwork.info](http://www.encompassnetwork.info)



## HOUSING

You have the right to safe and secure housing. If you are renting from the council or housing association, speak to your Housing Officer about any problems you have with your housing. For example:

- ▶ Repairs
- ▶ Using household appliances
- ▶ Furnishing your home
- ▶ Anti-social behaviour
- ▶ Rent arrears

You can also get independent advice and help from:

- ▶ your local Citizens Advice Bureau (CAB) [www.citizensadvice.org.uk/scotland](http://www.citizensadvice.org.uk/scotland)
- ▶ Shelter Scotland: 0808 800 4444: [www.scotland.shelter.org.uk](http://www.scotland.shelter.org.uk)

If you are renting privately, you should contact CAB or Shelter Scotland for advice.



## WELFARE BENEFITS AND MONEY

You may be entitled to different benefits, depending on your circumstances, but do not know your entitlement. Or you may be having problems with your benefits. You may also need help in managing your money, paying your bills, or need emergency money. For advice and information on welfare benefits or help with your finances, contact:

- ▶ your local Citizens Advice Bureau (CAB) [www.citizensadvice.org.uk/scotland](http://www.citizensadvice.org.uk/scotland)
- If you are having problems with debt, you can also contact:
  - ▶ National Debtline: 0808 808 4000