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# Health

Information for people (adults) from abroad who have experienced human trafficking and/or exploitation, on your rights and support in Scotland.

## Have you experienced human trafficking or exploitation?

Being trafficked or exploited 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.

**JustRight Scotland can give you advice and information on any of the issues discussed in this factsheet connected to your trafficking and/or exploitation.**

You can find us at:  
[bit.ly/JustRightScotland](http://bit.ly/JustRightScotland)

## GENERAL HEALTH SERVICES

You have the right to free, confidential healthcare from a GP (called 'primary care'). You can meet with a doctor or a nurse who you can speak to about your health problems and help you get treatment. You can ask for a female doctor or nurse if you prefer. You can also ask for an interpreter if you need one.

You can register by visiting your local GP surgery.

You can also access accident and emergency services at NHS hospitals, for example, those provided by an Accident & Emergency department, walk-in centre, minor injuries unit, or urgent care centre, for free. Depending on the type of permission you have to stay in the UK, if you are admitted to hospital, you may have to pay for treatment.

Depending on the type of permission you have to stay in the UK, you may have to pay for other types of healthcare. This can include dental or eye care.

You can find information about health services available in your area as well as other useful health information at:

- ▶ **NHS Inform**  
[www.nhsinform.scot](http://www.nhsinform.scot)

## MENTAL HEALTH

Trafficking and exploitation can have an impact on your mental health which can continue for a long time after the exploitation ends. There are many difficulties you may experience, for example, you may feel very sad, anxious or exhausted. You may have difficulty sleeping, have nightmares, suffer from memory loss or poor concentration.

You can 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 how you are feeling.

You can also speak confidentially to:

- ▶ **Trauma Counselling Line Scotland:**  
08088 020 406  
[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)
- ▶ **Samaritans:**  
116 123 (24 hours)  
[www.samaritans.org](http://www.samaritans.org)
- ▶ **Breathing Space:**  
0800 83 85 87  
[www.breathingspace.scot](http://www.breathingspace.scot)
- ▶ **The Calm Helpline:**  
0800 58 58 58  
[www.thecalmzone.net](http://www.thecalmzone.net)

## MATERNITY AND CHILDREN

If you are pregnant you can access maternity care. Depending on your immigration status and the type of permission you have to stay in the UK, maternity care may be free. The Scottish Government policy is that maternity services are immediate necessary treatment. Therefore, you should never be denied maternity services or have maternity services delayed because of your inability to pay for these services.

You can find the contact information for the maternity service in your local area online, where you will be able to book an appointment with a midwife.

Your GP surgery can also refer you to a maternity service where you can meet a midwife who will help you with your pregnancy. You can access antenatal classes to learn about giving birth and get help and advice on how to look after your baby when they are born.

### Health Visitor

The Health Visitor is a qualified nurse or midwife with special training, who is there to help you and give you information and advice. Before your baby is born, your Health Visitor will visit you to check how you are doing.

After your baby is born the Health Visitor will visit you to check how you and your baby are doing. They will give you advice and information on things like:

- ▶ support you need after your baby is born
- ▶ your baby's development
- ▶ help with parenting
- ▶ breastfeeding
- ▶ formula feeding
- ▶ weaning
- ▶ childhood immunisations



The Health Visitor can also tell you about activities you and your baby can take part in, within your local area.

## Other Information for Parents

You can find useful information and resources for parents at:

- ▶ Parent Club  
[www.parentclub.scot](http://www.parentclub.scot)
- ▶ Parenting Across Scotland  
[www.parentingacrossscotland.org/about-us/what-we-do/](http://www.parentingacrossscotland.org/about-us/what-we-do/)

## SEXUAL HEALTH

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

You can find your local sexual health clinic at:

- ▶ NHS Inform  
[www.nhsinform.scot/scotlands-service-directory/sexual-health-clinics](http://www.nhsinform.scot/scotlands-service-directory/sexual-health-clinics)

You can also get information on how to access a clinic from your GP surgery.

## Other Health Information

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 to access an 'Out of hours GP'. This number is NOT for emergencies.

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

