






## Support Services for Black and Minority Ethnic Families

<b>Citizens Advice Bureau</b>	National, confidential advice online, on the phone and in person, for free. Advice about: debt / money, housing, employment, immigration/asylum, family and personal issues, welfare benefit issues, health.	<a href="https://www.cas.org.uk/bureaux">https://www.cas.org.uk/bureaux</a>	
<b>Edinburgh and Lothians Regional Equality Council (ELREC)</b>	Edinburgh and Lothians Regional Equality Council (ELREC) promotes equality of opportunity for all, fights discrimination, promotes a culture of human rights, fosters good relations in our communities and promotes cooperation and partnership to meet its aims.	Tel: 0131 556 0441 Email: <a href="mailto:admin@elrec.org.uk">admin@elrec.org.uk</a> <a href="http://www.elrec.org.uk/">www.elrec.org.uk/</a>	
<b>Equal Access (Edinburgh) / Health in mind</b>	The service is for anyone aged 18 or over, from a minority ethnic community who would like to improve their mental health and wellbeing.	Tel: 0131 225 8508 Email: <a href="mailto:Rahila.Khalid@health-in-mind.org.uk">Rahila.Khalid@health-in-mind.org.uk</a>  <a href="https://www.health-in-mind.org.uk/services/equal_access/d9/">https://www.health-in-mind.org.uk/services/equal_access/d9/</a>	
<b>Feniks</b>	Provide culturally sensitive psychological support and regularly run projects supporting Polish victims of domestic abuse.	Tel: 0131 629 1881 / 07510 122 425 <a href="mailto:info@feniks.org.uk">info@feniks.org.uk</a>	
<b>Linknet Edinburgh</b>	Provide one to one mentoring support to minority ethnic individuals including refugees and asylum seekers in their pursuit of employment, education and personal development in order to improve their quality of life.	Tel: 0131 261 4463 Email: <a href="mailto:volunteers@linknetmentoring.com">volunteers@linknetmentoring.com</a> / <a href="mailto:linknet2@linknetmentoring.com">linknet2@linknetmentoring.com</a> <a href="http://www.linknetmentoring.com/default.asp">http://www.linknetmentoring.com/default.asp</a>	
<b>Minority Ethnic Health and Inclusion Service (MEHIS)</b>	Minority Ethnic Health Inclusion Project (MEHIP) provides free, confidential advice, information and support to black, minority ethnic and refugee communities.	Tel: 0131 536 9544 Email: <a href="mailto:mehis@nhslothian.scot.nhs.uk">mehis@nhslothian.scot.nhs.uk</a>	

<b>Minority Ethnic Carers of People Project (MECOPP)</b>	MECOPP actively seeks to challenge and dismantle barriers that deny Black and Minority Ethnic carers access to health, social work and other social care services in Edinburgh, the Lothians and further afield.	Tel (main line): 0131 4672994 Chinese language line: 0131 4672996 Asian language line: 0131 4672997 <a href="https://www.mecopp.org.uk/">https://www.mecopp.org.uk/</a>	
<b>Multi-cultural Family Base (MCFB)</b>	A social work organisation that supports the wellbeing and life chances of vulnerable and disadvantaged children, young people and families.	Tel: 0131 467 7052 Email: <a href="mailto:hello@mcfb.org.uk">hello@mcfb.org.uk</a> <a href="https://www.mcfb.org.uk/">https://www.mcfb.org.uk/</a>	
<b>Nari Kallyan Shango (NKS)</b>	The primary aim of NKS is to alleviate deprivation and isolation experienced by South Asian women and their families living in Edinburgh and to promote positive health and well-being among them.	Tel: 0131 221 1915   0131 659 7837 Email: <a href="mailto:nks@nkshealth.co.uk">nks@nkshealth.co.uk</a> <a href="http://www.nkshealth.co.uk/">http://www.nkshealth.co.uk/</a>	
<b>Parentline</b>	Every family needs a helping hand sometimes. From moments of crisis, to everyday challenges, Parentline can help. Explore our site for support and advice.	Tel: 08000 28 22 33 (FREE) Monday-Friday, 9am – 9pm Saturday-Sunday, 9am – noon  <a href="https://www.children1st.org.uk/help-for-families/parentline-scotland/">https://www.children1st.org.uk/help-for-families/parentline-scotland/</a>	
<b>Safer families Edinburgh</b>	A service that helps men including those from BME communities who are unhappy about their abusive behaviour towards their female partners or ex-partners and want to change.	Tel: 0131 469 5325 / 0131 4695368 Email: <a href="mailto:saferfamilies@edinburgh.gov.uk">saferfamilies@edinburgh.gov.uk</a>	
<b>Saheliya</b>	A specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.	Tel: 0131 556 9302 Email: <a href="mailto:info@saheliya.co.uk">info@saheliya.co.uk</a> <a href="http://www.saheliya.co.uk/">http://www.saheliya.co.uk/</a>	
<b>Shakti Woman's Aid</b>	Help for black minority ethnic (BME) women, children and young people who are experiencing, or who have experienced, domestic abuse.	Tel: 0131 475 2399 Email: <a href="mailto:info@shaktiedinburgh.co.uk">info@shaktiedinburgh.co.uk</a> <a href="https://shaktiedinburgh.co.uk/">https://shaktiedinburgh.co.uk/</a>	

<b>Sikh Sanjog</b>	Sikh Sanjog helps many 'invisible' women every year who are facing personal challenges. Confidential Conversation: no matter how big or how small the issue, call for help, support or advice.	Tel: 0131 553 4737 Urgent enquiry: 07837 701263 Email: <a href="mailto:info@sikhsanjog.com">info@sikhsanjog.com</a> <a href="http://www.sikhsanjog.com/">http://www.sikhsanjog.com/</a>	
<b>Open Arms</b>	The Open Arms Programme is a collaborative project between ELREC, Sikh Sanjog, LINKnet, and Saheliya. Each collaborating organisation offers a variety of women-only services and activities.	Tel: 0131 467 8420 Email: <a href="mailto:info@openarmsproject.co.uk">info@openarmsproject.co.uk</a>	

## Hate Crime and Third Party Reporting

If you have been targeted because of your disability, race, religion, sexual orientation or transgender identity, or you are aware of someone else being targeted, we want you to report it. Reporting hate crime is important. If you report it we can deal with it, we can try to stop the same thing happening to someone else and together we can work to stop hate in Scotland.

You can report a hate crime:

- By Telephone 999 (emergency) 101 (non-emergency)
- In person at any Police station
- By completing a Hate Crime Reporting Form <https://www.scotland.police.uk/secureforms/c3/>
- At a Third (3<sup>rd</sup>) Party Reporting Centre



Where you see this sign, you can report a Hate Crime. Sometimes, victims and witnesses of Hate Crime do not feel comfortable reporting it directly to the Police. They may be more comfortable reporting it to someone they know. To help people report Hate Crimes, Police Scotland works with many partner organisations who are 3rd Party Reporting Centres. These partners have been trained to help people to report hate crime to the police and can make the report for them.