

Female Genital Mutilation Information to help



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Female Genital Mutilation
(FGM) is also known as
cutting, and sometimes
referred to as female
circumcision. FGM has no
benefits and is not
supported by any religion.
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FGM and health

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FGM can affect women and girls health
in many ways, such as:

- Sore back
- Stomach pains or swollen stomach
- Infections
- Difficulty passing urine
- Difficulty in pregnancy and labour
- Sexual health problems
- Emotional health problems
(flashback, low self-esteem, anxiety,
depression)

How Health Services can help

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If you have been affected by FGM in any way, the health service can help you. You can speak to your doctor (GP), health visitor, midwife or you can go to a sexual health clinic. In most cases the health staff from these services will be able to provide you with information, advice and any support you may require. They may also refer you to other services if appropriate and if you agree. Remember, doctors and nurses will not judge you and will treat you with respect.

In Scotland you have a right to free health care whatever your immigration status. You still have that right if you have had a claim for asylum refused by the Home office.

Interpreting services will be provided if you need them. Let the service know that you will need an interpreter when you are making your appointment.

If you are having a clinical examination and you would prefer a female or male examiner please ask the health worker.

Information on NHS services
in your area can be found at
www.nhs24.com/findlocal/



FGM and the law

FGM is a crime in Scotland and throughout the UK. It is against the law to carry out FGM in Scotland or to take a girl abroad for FGM. **It is also a crime for a person to assist or arrange the FGM of another person, even if the FGM occurs outside Scotland.** A person convicted of an offence under the Scotland FGM Act 2005 is liable to imprisonment for up to 14 years.

Concerned about a girl at risk of FGM?

If you are concerned about a girl of any age, whether it is your daughter or any other girl who may be at risk of FGM, you can speak to a nursery or school teacher, to a health visitor or midwife or your doctor, or to a social worker. In an emergency call 999 and ask for the police.

NSPPC has a free-phone 24-hour helpline for anyone concerned about girls or women at risk of FGM. Contact: **0800 028 3550** or fgmhelp@nspcc.org.uk

If you are abroad and require help or advice please call the Foreign and Commonwealth Office on **+44 (0) 20 7008 1500** or the British High Commission or Embassy in the country you are visiting.

Other organisations to help

SAHELIYA

A mental health support organisation, based in Edinburgh and with projects in Glasgow and other parts of Scotland, providing well-being services and practical help to access benefits, housing, legal representation, and learning activities.

125, McDonald Road, Edinburgh, EH7 4NW
Tel: **0131 556 9302**
Email: info@saheliya.co.uk
Website: www.saheliya.co.uk

ROSHNI

Works with minority ethnic communities and has activities throughout Scotland including child protection, counselling and support projects, and befriending services in some areas.

Tel: **0808 80 22 222** (free phone)
Email: befriending@roshni.org.uk
Website: www.roshni.org.uk/befriending/

AMINA, THE MUSLIM WOMEN'S RESOURCE CENTRE

Offers a range of support and activities and has a confidential helpline.

Tel: **0808 801 0301** (free phone)

Citywall House, 32 Eastwood Avenue,
Glasgow G41 3NS
Tel: **0141 212 8420**
Email: info@mwrc.org.uk
Website: www.mwrc.org.uk

Unit MF 6B, Old Mill Complex, Brown Street,
Dundee DD1 5EG
Tel: **0138 222 4687**

SHAKTI WOMEN'S AID

Provides support, advocacy and information to all black / minority ethnic women, children and young people experiencing or fleeing domestic abuse or forced marriage.

57 Albion Road, Edinburgh, EH7 5QY
Tel: **0131 475 2399**
Email: info@shaktiedinburgh.co.uk
Website: www.shaktiedinburgh.co.uk

To find your local Women's Aid group go to www.scottishwomensaid.org.uk/about-us

DIGNITY ALERT AND RESEARCH FORUM (DARF)

Carries out training and research and works with communities in Scotland affected by FGM.

Email: dignityalert@hotmail.co.uk
Website: www.darf.org.uk

For more information on FGM and organisations to help go to www.fgmaware.org