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Experienced an online scam or cyber-attack?

Being a victim of cybercrime can have a profound emotional effect with victims often experiencing anxiety, anger and distress.

These emotions can be exacerbated for victims of sexualised and financial scams, where their privacy has been exposed or who felt they had knowingly engaged in risky behaviour to make 'quick money'.

There can often be a strong sense of 'guilt' and shame in 'having fallen' for the scam or having been manipulated by the perpetrator. This can lead to victims losing confidence, the worry of repeat victimisation, a feeling of isolation and the 'not knowing' of where to look for support.

If you have experienced being a victim and are unsure of how to report the circumstances, our partners at the NCSC (National Cyber Security Centre) have guidance and actions you can take to support you in [responding to a Cyberattack](#)

The guidance ranges from support with phishing, hacked accounts, online shopping fraud and sextortion and there is also [guidance for families](#).

Our partners at Age Scotland have produced an excellent resource to support you in [staying safe online](#) in addition to their free and confidential help line or email at helpline@agescotland.org.uk

Police Scotland also has informative [Cybercrime guidance](#) to assist you in how to get support, how to report as well as links to partner organisations guidance to improve your cyber security.

If you have been a victim of crime, and it is not an ongoing emergency, you can report this to Police Scotland on 101.



Advice for individuals to respond to an online scam or cyber attack

It is worrying if you are victim of an online scam or cyber attack. Resources and support are available to help you.

