

Domestic Abuse is...

One person in a relationship or in the family using violence or abuse to cause fear and get control over the other person. It may take the form of beating, insult threats, blackmailing, stalking, abuse by electronic means, financial control or rape. Domestic abuse will not go away on its own. It tends to get worse and become more frequent over time, harming you and your children.

If you...

- want to speak to somebody
- need assistance in clarifying further steps
- need somebody to encourage you
- look for further information, advice and assistance
- want to go to a women's refuge

...contact the information centres listed.



If you are planning to leave a domestic abuse situation, make an escape plan!



FIND A safe place to store your important documents and items e.g. at a friend's house or at work. Important documents: Public Service Card, medical cards, passports, birth certificate, marriage certificate.



IF possible, make photocopies of these. Keep some money in a safe place for taxis, bus fare and phone calls.



KEEP a bag with clothes, prescription medications and toiletries for you and the children in a safe place outside the home (including spare school uniforms).



WHEN you are leaving it is important that all children leave with you, if this is a safe option.



REMEMBER to bring your mobile phone, money, bank cards and any medication such as inhalers and any current prescription.

Legal Support

Court Contact Numbers for the DLR Area

Dublin District Family Law Office, Dolphin House

01 888 6344 / 6347 / 6350

Bray District Court

01 274 4800

Support in Court

Domestic Abuse Information and Support (D.A.I.S)
A Drop-In Service for Women at Dolphin House
Family Law Court 4th Floor,

Mon-Fri: 9.30 am – 12.30 pm & 2 – 4.30 pm
or call 1800 341 900



Other Useful Numbers in DLR

Housing Services

Housing Department, DLR County Council

01 205 4828

Homeless Unit

1800 707 707

Community Welfare & Other Services

Community Welfare Services National Phone Line

0818 607080

Dun Laoghaire Intreo

0818 405060

Dublin 14 & 16 Intreo, Nutgrove

0818 405060

Barnardos

Tivoli 01 284 2323

Loughlinstown 01 282 0328

Ballyogan 01 905 9443

DLR Community Addiction Team

01 217 6140

DROP Dún Laoghaire Rathdown Outreach Project

01 2803187

LetsTalkDLR Local Mental Health Supports in DLR

www.letstalkdlr.ie

LetsParentDLR Local Supports for Parents in DLR

www.letsparentdlr.ie

Southside Travellers Action Group (STAG)

01 295 7372

My Project Family Support Services

01 9027703

Women's Collective Ireland Dún Laoghaire Rathdown

086 1744863 / 01 282 593

National Services

Women's Aid 24 hr National Freephone Helpline and Free Confidential	1800 341 900
MOVE (Men Overcoming Violence) Domestic Abuse perpetrators intervention programmes for men	065 684 8689

Support for Men Experiencing Domestic Abuse

Men's Aid	01 5543811
Men's Development Network National Helpline	1800 816 588

Elder Abuse

HSE Elder Abuse Service	1850 241 850
SeniorLine Freephone	1800 80 45 91

Migrant Victims of Domestic Violence & Trafficking

Immigrant Council of Ireland Information & Referral	01 674 0200
Support for Muslim Women in ICCI (Islamic Cultural Centre Ireland) Community Welfare/Women's Depart.	01 208 0000
AMAL Women Association Court & Accompaniment Service	089 612 2893
Ruhama for women affected by sexual exploitation, prostitution & human trafficking - Fretext REACH to 50100 or call 01 836 0292	Freephone 1800 020 202

Domestic Abuse Information & Support in DLR

In a case of emergency dial 999/112 for
Gardai & Medical Assistance

Outreach Services

Sonass Advice Line/Outreach/Court Accompaniment	087 952 5217
Women's Aid Outreach in Dun Laoghaire and Dundrum	24 hr helpline 1800 341 900
Bray Women's Refuge - Anu Wicklow Outreach	086 059 7560

Crisis Accommodation DLR

Safe Home Sonass	(8am-6pm, Mon-Fri) 087 742 2897
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Additional Support/Crisis Counselling (Referral Service)

Southside Addressing Violence Effectively (SAVE) Interagency Network	087 3935955
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This leaflet is funded and supported by:



Useful Numbers for Dún Laoghaire Rathdown and Dublin Region



Follow the QR Code for more detailed information on Dún Laoghaire-Rathdown Domestic, Sexual and Gender Based Violence (DSGBV) Resource Booklet which provides supports and interventions for adults who experience Domestic Abuse.

Useful Numbers

Dublin Rape Crisis Centre	01 800 77 88 88
Sexual Assault Treatment Unit (SATU), Rotunda Hospital ask for SATU	01-817 1736
	out of hours 01 817 1700

Drugs and Alcohol / HIV Helpline	1800 459459
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Refuges

The building of a new Refuge in DLR is in planning.	
Bray Women's Refuge - Anu Wicklow	01 286 6163
Aoibhneas Women's Refuge, Coolock	24 hr helpline 1800 767 767
Saoirse Women's Refuge, Tallaght	24 hr helpline 1800 911 221
	(Monday – Friday 9am – 5pm) 01 4630400
Sonass Women's Refuge, Blanchardstown	01 866 2015/1800 222 223 - 24



Follow the QR Code to bring you to Barnardos information and resources for **Children and Young People** who experience Domestic Abuse.