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, abuse will not go away on its own. It tends to get 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 Wel	fare & Other Services		
Community Welf	are Services National P	hone Line	0818 607080
Dun Laoghaire Ir	ntreo		0818 405060
Dublin 14 & 16	Intreo, Nutgrove		0818 405060
Barnardos	Tivoli 01 284 2323	Loughlinstown 01 282 0328	Ballyogan 01 905 944
DLR Community	Addiction Team		01 217 6140
DROP Dún Laogl	haire Rathdown Outrea	ch Project	01 280318
LetsTalkDLR Loc	al Mental Health Suppo	orts in DLR	www.letstalkdlr.io
LetsParentDLR L	ocal Supports for Parer	nts in DLR	www.letsparentdlr.io
Southside Travel	llers Action Group (STA	G)	01 295 7372
My Project Famil	ly Support Services		01 9027703
Women's Collect	ive Ireland Dún Laogha	ire 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 Irela	nd) 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 -
Freetext 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

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

Crisis Accommodation DLR

Safe Home Sonas (8am-6pm, Mon-Fri) 087 742 2897

Additional Support/Crisis Counselling (Referral Service)

Southside Addressing Violence Effectively (SAVE) Interagency Network 087 3935955

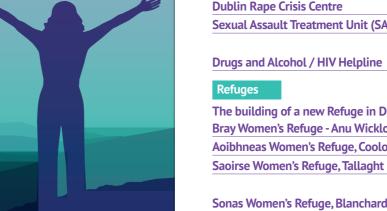
This leaflet is funded and supported by:







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 SAT	U 01-817 1736
	out of hours 01 817 1700
Drugs and Alcohol / HIV Helpline	1800 459459
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	4 hr helpline 1800 767 767

(Monday – Friday 9am – 5pm) 01 4630400

24 hr helpline 1800 911 221

Sonas 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.