

## 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, 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

### FAMILY LAW CLINICS IN CITIZENS INFORMATION CENTRE

Dundrum 0761 077430  
Dun Laoghaire 0761 077400

### LAW CENTRES

Dolphin House 01 675 5566/65/62  
Gardiner St. 01 874 5440

### COURT CONTACT NUMBERS FOR THE DLR AREA

Dolphin House Family Law Court 01888 6349/44/47  
Bray District Court 01 274 4800

### SUPPORT IN COURT

Women's Aid Dolphin House Family Law Unit,  
Support & Referral Service  
Drop-In 4<sup>th</sup> floor from 9.30am – 1.30pm or call 1 800 341 900

## USEFUL NUMBERS

Dublin Rape Crisis Centre 01 800 77 88 88  
Sexual Assault Treatment Unit, Rotunda Hospital 24h 01 817 1736  
8AM - 4PM MO-FRI; outside hours: Midwifery Office 01 817 1700

### REFUGES (24 HOURS)

Bray Women's Refuge, Bray 01 286 6163  
Aoibhneas Women's Refuge, Coolock 01 867 0701  
Rathmines Women's Refuge 01 496 1002  
Saoirse Women's Refuge, Tallaght 01 463 0000  
Sonas Women's Refuge, Blanchardstown 01 866 2015

### MIGRANT VICTIMS OF DOMESTIC VIOLENCE AND TRAFFICKING

Immigrant Council of Ireland, Information and Referral 01 674 0200  
AkiDwa, Information and Referral 01 834 9851

## DOMESTIC VIOLENCE INFORMATION AND SUPPORT IN DLR

IN A CASE OF EMERGENCY DIAL 999/112 FOR GARDÁ AND MEDICAL ASSISTANCE

### OUTREACH SERVICES

Women's Aid Outreach in CIC 1800 341 900  
Bray Women's Refuge Outreach 086 803 6595  
SONAS Advice line / Outreach 087 952 5217

### CRISIS ACCOMMODATION

Safe Home Mon - Fri 8am - 6 pm 087 742 2897

### ADDITIONAL SUPPORT

HSE Elder Abuse Service 1850 24 1850  
Save - Interagency Network in DLR 01 706 0100

## THIS LEAFLET IS FUNDED BY



[www.hse.ie](http://www.hse.ie)



[www.southsidepartnership](http://www.southsidepartnership)



[www.women4women.ie](http://www.women4women.ie)

## USEFUL NUMBERS FOR DUN LAOGHAIRE RATHDOWN AND DUBLIN REGION



## OTHER USEFUL NUMBERS IN DLR

### HOUSING SERVICES

Housing Department, DLR County Council 01 205 4828

### HOMELESS UNIT

Crosscare's Bentley House 1800 707 707  
01 284 5148/01 230 1982

### COMMUNITY WELFARE OFFICERS AND OTHER SERVICES

Dun Laoghaire Intreo 01 817 2675/ 01 214 5540  
Dublin 14 and 16 Nutgrove Intreo 01 673 2000  
Barnardos 01 284 2323  
Community Addiction Team 01 217 6140