

Your Local Services - Midlands Region

Garda Síochána - Emergencies dial 999/112

Midlands Regional Hospital	Mullingar: Tel: 044 934 0221 Tullamore: Tel: 057 932 1501		Portlaoise: Tel: 057 862 1364	
Rape / Sexual Assault	Athlone Rape Crisis: 2 Fairview, Garden Vale, Athlone. Tel: 1800 306 600 Tullamore Sexual Abuse and Rape Crisis Counselling, Tel: 1800 32 32 32 4 Harbour View, Store St., Tullamore			
GP services	Primary Care Unit Tel: 044 938 444 (office hours) MIDOC Tel: 1850 302 702			
Support Services	Westmeath Support Service Against Domestic Abuse, Parkville, Mill Road, Mullingar. Tel: 044 933 3868	Offaly Women in Crisis Patrick St., Tullamore, Co. Offaly Tel: 057 935 1886	Laois Support Services Against Domestic Abuse, New Parish Centre, Stradbally Road, Portlaoise. Tel: 057 867 1100	Longford Women's Centre, Willow House, Ardncassa Avenue, Longford. Tel: 043 41511
Refuges	Esker House Refuge - Tel: 090 647 4122			
Legal Aid Board - Services	Athlone: 090 647 4694 Tullamore: 057 935 1177		Portlaoise: 057 866 1366 Longford: 043 47590	
District Court Offices	Athlone: 090 649 2271 Mullingar: 044 934 8364		Portlaoise: 057 862 1158 Longford: 043 46491	
Travelling Community Support Services	Tullamore Travellers Movement: 057 935 2438 Longford Travellers Movement: 043 45555			
Citizens Information Centres	Athlone: 090 647 8851 Mullingar: 044 934 0700 Tullamore: 057 935 2204		Portlaoise: 057 862 1425 Longford: 043 41069	
Social Work and Family Support	Athlone: 090 648 3106 Mullingar: 044 934 4877 Tullamore: 057 932 2488		Portlaoise: 057 867 8236 Longford: 043 50584	

Domestic Violence

Sexual Violence

Important Information for Women *in the Midlands Region*



DEPARTMENT OF JUSTICE, EQUALITY AND LAW REFORM
AN ROINN DLÍ AGUS CIRÍ, COMHIONANNAIS AGUS AITHCHÓIRTHE DLÍ



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

**NATIONAL STEERING COMMITTEE ON
VIOLENCE AGAINST WOMEN**

If you are experiencing violence there is help available

It is not just about being physically abused. Violence can go well beyond this. It can include harassment and humiliation, emotional and sexual abuse, rape, coercion, stalking, being continuously put down or criticised and having restricted freedom and isolation from family and friends.

End the Abuse

Thousands of women in Ireland are experiencing violence. Recent surveys on violence against women showed that:

- 15% of women have experienced severely abusive behaviour of a physical, sexual or emotional nature from a partner at some time in their lives.
- 9% experienced physical violence.
- 8% sexual abuse and 8% severe emotional abuse.
- Multiple forms of abuse were common.
- Among women attending maternity services 12.5% experienced abuse during pregnancy.

End the Silence

Recent surveys show:

- Only 10% of rape and sexual assault cases are ever reported.
- 28% of women raped by strangers reported to Gardaí.
- Only 5% of those raped by relatives or boyfriends reported to Gardaí.
- 80% of rape cases are perpetrated by someone the woman knows.

In 2003, 2,813 women sought emergency refuge accommodation.

In 2005, Women's Aid received 25,843 calls to their National Domestic Violence Helpline.

**If you are experiencing
violence there is help
available.**

**You will not be told what to
do.**

**You will be shown the
options available to you.**

**It's your life and your
decision.**

National services

Ambulance Service
Tel. 999/112

Garda Síochána (24 hours)
Tel. 999/112

Or your local Garda Station

Dublin Rape Crisis Centre
National Helpline (24 hours)
Tel. 1800 778888

Women's Aid Helpline
(10am to 10pm)
Tel. 1800 341900

Your local services

A comprehensive range of local services are available to you should you need them. Information and support is available on many of the following areas:

- Domestic violence
- Rape and sexual assault
- Adult survivors of child abuse
- Crisis accommodation and refuges
- Empowerment and women's rights

Contact details are overleaf.