## Important Information for Women in the South Eastern Region

### Your Local Services - South Eastern Region

<table>
<thead>
<tr>
<th>Service</th>
<th>Waterford</th>
<th>Kilkenny</th>
<th>Wexford</th>
<th>Carlow and South Leinster Rape Crisis &amp; Counselling Centre</th>
<th>South Tipperary</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rape Crisis Centres</strong></td>
<td>Waterford Rape &amp; Sexual Abuse Centre  Tel: 051 873 362  Fax: 051 850 717  Helpline:1800 296 296  Email: <a href="mailto:wrcc@indigo.ie">wrcc@indigo.ie</a></td>
<td>Kilkenny Rape &amp; Sexual Abuse Support Service Tel: 056 775 1555  Fax: 056 775 1555  Helpline:1800 478 478  <a href="mailto:kkrc@eircom.net">kkrc@eircom.net</a></td>
<td>Wexford Rape &amp; Sexual Abuse Support Service Tel: 053 912 2722  Fax: 053 915 2653  Helpline:1800 33 00 33  <a href="mailto:wexrapecrisis@eircom.net">wexrapecrisis@eircom.net</a></td>
<td>Carlow and South Leinster Rape Crisis &amp; Counselling Centre Tel: 059 913 3807  Fax: 059 913 3344  Helpline:1800 72 7737  <a href="mailto:southleinsterrapecc@eircom.net">southleinsterrapecc@eircom.net</a></td>
<td>Tipperary Rape Crisis &amp; Counselling Service Tel: 052 27676  Fax: 052 29171  Helpline:1800 340 340  Email: <a href="mailto:trcc@eircom.net">trcc@eircom.net</a></td>
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<tr>
<td><strong>Refuges/Support Services</strong></td>
<td>Oasis House Women's Refuge Tel: 051 370 367  24 hours Freephone: 1800 264 364  Email: <a href="mailto:Oasishouse2@eircom.net">Oasishouse2@eircom.net</a></td>
<td>Amber Women's Refuge Project Tel: 056 777 1404  Freephone: 1850 424 244  Email: <a href="mailto:kwrp@eircom.net">kwrp@eircom.net</a></td>
<td>Wexford Women's Refuge/ Helpline Service Tel: 053 912 1876  Freephone: 1800 220444  Email: <a href="mailto:waxrefuge@eircom.net">waxrefuge@eircom.net</a></td>
<td>Carlow Women's Aid Tel: 059 917 3552  Freephone: 1800 444 944  Email: <a href="mailto:carlowwomensaid@hotmail.com">carlowwomensaid@hotmail.com</a></td>
<td>Cuan Saor, Clonmel Tel: 052 27557  Freephone: 1800 576 757  Email: <a href="mailto:cuansaor@eircom.net">cuansaor@eircom.net</a>  Knockanrawley Resource CentreTel: 052 52688  Email: <a href="mailto:knockanrawley@eircom.net">knockanrawley@eircom.net</a></td>
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<tr>
<td><strong>Garda Síochána</strong></td>
<td>Tel: 051 305 300  Emergencies dial 999/112</td>
<td>Tel: 056 772 2222  Emergencies dial 999/112</td>
<td>Tel: 053 916 5200  Emergencies dial 999/112</td>
<td>Tel: 059 913 6620  Emergencies dial 999/112</td>
<td>Tel: 052 77640  Emergencies dial 999/112</td>
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<tr>
<td><strong>HSE South Hospitals</strong></td>
<td>Waterford Regional Hospital Tel: 051 848 000  Fax: 051 848 572</td>
<td>St. Luke's General Hospital, Kilkenny Tel: 056 778 5000  Fax: 056 772 1149</td>
<td>Wexford General Hospital Tel: 053 915 3000  Fax: 053 914 1910</td>
<td>St. Luke's General Hospital Kilkenny Tel: 056 778 5000  Fax: 056 772 1149</td>
<td>South Tipperary General Hospital Clonmel Co. Tipperary Tel: 052 77000  Fax: 052 77161</td>
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<tr>
<td><strong>Legal Aid Board – Law Centres</strong></td>
<td>Tel: 051 855 814</td>
<td>Tel: 056 776 1611</td>
<td>Tel: 053 912 2622</td>
<td>Tel: 056 776 1611 (part time)</td>
<td>Tel: 067 34181 (part-time)</td>
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<tr>
<td><strong>District Court Offices</strong></td>
<td>Tel: 051 874 657/872 768</td>
<td>Tel: 056 772 1019</td>
<td>Tel: 053 912 2097</td>
<td>Tel: 059 913 1225</td>
<td>Tel: 052 29220</td>
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<tr>
<td><strong>HSE Community Services- CWO, Social Workers,PHN, (Disability/Travellers)</strong></td>
<td>Tel: 051 842 800</td>
<td>Tel: 056 775 2208</td>
<td>Tel: 053 912 3522</td>
<td>Tel: 059 913 6520</td>
<td>Tel: 052 77000</td>
</tr>
<tr>
<td><strong>Citizens Information Centres</strong></td>
<td>St. Bridget's Social Services Centre Tel: 051 351 133</td>
<td>4 The Parade Tel: 056 776 2755</td>
<td>28 Henrietta Street Tel: 053 914 2012</td>
<td>St. Catherine’s Community Services Centre Tel: 059 913 8750</td>
<td>Market Place Clonmel Tel: 052 22267</td>
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<tr>
<td><strong>Local Authorities</strong></td>
<td>Dungarvan Tel: 058 22000  Waterford Tel: 051 309 900</td>
<td>Tel: 056 775 2699</td>
<td>Tel: 053 914 2211</td>
<td>Tel: 059 917 0300</td>
<td>Tel: 052 34455</td>
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<tr>
<td><strong>Money Advice and Budgeting Service (MABS)</strong></td>
<td>Waterford Tel: 051 857 929  Dungarvan Tel: 058 44922</td>
<td>Tel: 056 776 1777</td>
<td>Tel: 053 912 1504</td>
<td>Tel: 059 914 0977</td>
<td>Tel: 052 29313  Tel: 062 33410</td>
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<tr>
<td><strong>Probation Service</strong></td>
<td>Tel: 051 872 548</td>
<td>Tel: 056 776 5201</td>
<td>Tel: 053 914 2076</td>
<td>Tel: 059 913 5186</td>
<td>Tel: 052 23880</td>
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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.