

Your Local Services - South Eastern Region

Service	Waterford	Kilkenny	Wexford	Carlow	South Tipperary
Rape Crisis Centres	Waterford Rape & Sexual Abuse Centre Tel: 051 873 362 Fax: 051 850 717 Helpline: 1800 296 296 Email: wrcc@indigo.ie	Kilkenny Rape & Sexual Abuse Counselling Centre Tel: 056 775 1555 Fax: 056 775 1555 Helpline: 1800 478 478 kkrc@eircom.net	Wexford Rape & Sexual Abuse Support Service Tel: 053 912 2722 Fax: 053 915 2853 Helpline: 1800 33 00 33 wexrapecrisis@eircom.net	Carlow and South Leinster Rape Crisis & Counselling Centre Tel: 059 913 3807 Fax: 059 913 3344 Helpline: 1800 72 7737 southleinsterrapecc@eircom.net	Tipperary Rape Crisis & Counselling Service Tel: 052 27676 Fax: 052 29171 Helpline: 1800 340 340 Email: trcc@eircom.net
Refuges/Support Services	Oasis House Women's Refuge Tel: 051 370 367 24 hours Freephone: 1800 264 364 Email: Oasishouse2@eircom.net	Amber Women's Refuge Project Tel: 056 777 1404 Freephone: 1850 424 244 Email: kwrp@eircom.net	Wexford Women's Refuge/ Helpline Service Tel: 053 912 1876 Freephone: 1800 220444 Email: wexrefuge@eircom.net	Carlow Women's Aid Tel: 059 917 3552 Freephone: 1800 444 944 Email: carlowwomensaid@hotmail.com	Cuan Saor, Clonmel Tel: 052 27557 Freephone: 1800 576 757 Email: cuansaor@eircom.net Knockanrawley Resource Centre Tel: 062 52688 Email: knockanrawley@eircom.net
Garda Síochána	Tel: 051 305 300 Emergencies dial 999/112	Tel: 056 772 2222 Emergencies dial 999/112	Tel: 053 916 5200 Emergencies dial 999/112	Tel: 059 913 6620 Emergencies dial 999/112	Tel: 052 77640 Emergencies dial 999/112
HSE South Hospitals	Waterford Regional Hospital Tel: 051 848 000 Fax: 051 848 572	St. Luke's General Hospital, Kilkenny Tel: 056 778 5000 Fax: 056 772 1149	Wexford General Hospital Tel: 053 915 3000 Fax: 053 914 1910	St. Luke's General Hospital Kilkenny Tel: 056 778 5000 Fax: 056 772 1149	South Tipperary General Hospital Clonmel Co. Tipperary Tel: 052 77000 Fax: 052 77161
Legal Aid Board – Law Centres	Tel: 051 855 814	Tel: 056 776 1611	Tel: 053 912 2622	Tel: 056 776 1611 (part time)	Tel: 067 34181 (part-time)
District Court Offices	Tel: 051 874 657/872 768	Tel: 056 772 1019	Tel: 053 912 2097	Tel: 059 913 1225	Tel: 052 29220
HSE Community Services- CWO, Social Workers, PHN', (Disability/Travellers)	Tel: 051 842 800	Tel: 056 775 2208	Tel: 053 912 3522	Tel: 059 913 6520	Tel: 052 77000
Citizens Information Centres	St. Bridget's Social Services Centre Tel: 051 351 133	4 The Parade Tel: 056 776 2755	28 Henrietta Street Tel: 053 914 2012	St. Catherine's Community Services Centre Tel: 059 913 8750	Market Place Clonmel Tel: 052 22267
Local Authorities	Dungarvan Tel: 058 22000 Waterford Tel: 051 309 900	Tel: 056 775 2699	Tel: 053 914 2211	Tel: 059 917 0300	Tel: 052 34455
Money Advice and Budgeting Service (MABS)	Waterford Tel: 051 857 929 Dungarvan Tel: 058 44922	Tel: 056 776 1777	Tel: 053 912 1504	Tel: 059 914 0977	Tel: 052 29313 Tel: 062 33410
Probation Service	Tel: 051 872 548	Tel: 056 776 5201	Tel: 053 914 2076	Tel: 059 913 5186	Tel: 052 23880

Domestic Violence

Sexual Violence

Important Information for Women *in the South Eastern Region*



DEPARTMENT OF JUSTICE, EQUALITY AND LAW REFORM
AN ROINN DLÍ AGUS CIRI, 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.