

Your Local Services - Western Region

Service	GALWAY	MAYO	ROSCOMMON
Garda Síochána Emergencies dial 999/112	091 563161	094 902 2222	090 662 6301
Rape Crisis Centre	1800 355 355	1800 234 900	
Hospitals	UCHG: 091 524 222 Portiuncula Ballinasloe: 090 964 8200	094 902 1733 Mayo General Hospital Castlebar	090 662 6200 Roscommon County Hospital
Refuges/Outreach Service	091 565 985 24 hours service Waterside House	094 902 5409. 087 656 9672 9.30 am to 5.30 pm Mon to Friday Saturday to Sunday 11am to 3 pm Mayo Women's Support Service	071 966 3000 10am to 5pm Boyle Family Life Centre
Family Centres	Ballinasloe 090 964 4806	094 902 5900	Boyle: 071 966 3000 Roscommon: 090 662 5898
Legal Aid Board Law Centre	091 561 650	094 902 4334	043 47590
District Court Offices	091 562 560	094 902 1764	090 662 6174
Community Welfare Office	091 528 325	094 902 2333	090 663 7500
Probation Service	091 565 375	094 904 4211	
Social Work Department	091 546 370	094 902 2333	090 663 7528 090 663 7529
Social, Community & Family Affairs	091 566 191	094 902 3285	090 662 6450
Health Service Executive	091 523 122	094 902 2333	090 663 7500
Citizens Information Centre	091 563 344	094 902 5544	090 662 7922

Domestic Violence

Sexual Violence

Important Information for Women *in the Western Region*



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