## Your Local Services - North Eastern Region

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<tbody>
<tr>
<td>Women’s Aid Dundalk: Refuge/Support Service Tel: 042 933 3244</td>
<td>Drogheda Women’s Refuge: Refuge/Support Service Tel: 041 984 4550</td>
<td>Meath Women’s Refuge: Refuge/Support Service Tel: 046 902 2393</td>
<td>Tearmann Domestic Violence Services Tel: 047 72311</td>
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<td>Legal Aid Board/Law Centre Tel: 042 933 0448</td>
<td>Legal Aid Board/Law Centre Tel: 041 983 6084</td>
<td>Legal Aid Board/Law Centre Tel: 046 907 2515</td>
<td>Legal Aid Board/Law Centre Tel: 047 84888</td>
<td>Legal Aid Board/Law Centre Tel: 049 433 1110</td>
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<td>District Court Clerk Tel: 042 939 2350</td>
<td>District Court Clerk Tel: 041 983 8313</td>
<td>District Court Clerk Tel: 046 948 1250</td>
<td>District Court Clerk Tel: 047 81417</td>
<td>District Court Clerk Tel: 049 433 1585</td>
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<td>Citizens Information Centre Tel: 042 932 9149</td>
<td>Citizens Information Centre Tel: 041 984 4508</td>
<td>Citizens Information Centre Tel: 1800 206 506</td>
<td>Citizens Information Centre Tel: 047 82622</td>
<td>Citizens Information Centre Tel: 049 433 2641</td>
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<td>Garda Síochána: 999</td>
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<td>Rape Crisis and Sexual Abuse Centre North East Freephone 1800 212 122</td>
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<td>RIAN Counselling Service, HSE, for Adults Who have Experienced Childhood Abuse Freephone 1800 234 117</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.