

# Parenting Positively

## Coping with **Domestic Abuse**

**For parents**

**of children between 6 and 12**

This booklet is one in a series on **Parenting Positively**. Parenting is a very rewarding job but one which can be difficult at times, especially when parents are faced with challenging situations. The aim of this series is to provide information and guidance to parents of children between the ages of 6 and 12 to help create a positive, loving and supportive relationship between you and your child.

The series covers general parenting skills as well as complex life issues such as bullying, bereavement, separation and domestic abuse. There are booklets for parents outlining children's understanding of a particular issue and how you can support them. There are also booklets for parents to read with their children, which may help your child to better understand what is happening and help you as a parent to answer any questions he or she might have.

Parent's booklets also give further resources that you can follow up for more information and help on the issue covered.

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This series was produced by Tusla - Child and Family Agency and Barnardos.

Tusla - Child and Family Agency is the dedicated State agency responsible for improving wellbeing and outcomes for children. Tusla has responsibility for the following range of services: child welfare and protection services, including family support services; family resource centres and associated national programmes; early years (pre-school) inspection services; educational welfare responsibilities; domestic, sexual and gender-based violence services; and services related to the psychological welfare of children.

Barnardos supports children whose well-being is under threat, by working with them, their families and communities and by campaigning for the rights of children. Barnardos was established in Ireland in 1962 and is Ireland's leading independent children's charity.

Compiled by Margaret Rogers.

# Introduction

Domestic abuse is one of the most difficult situations parents and children can face. It challenges our beliefs and values about family life. The secrecy and stigma that surround domestic abuse make it difficult for people who experience it to seek help and support. It is hoped that the information in this booklet will in some way help children and parents to live a life free from violence and abuse.

This booklet will also help you to understand:

- The ways domestic abuse affects children and their development.
- How to listen to children so that you know what is happening with them.
- How to talk to children about their experiences to help them to understand what is happening in their lives.
- The impact domestic abuse can have on you as a parent.
- Steps you can take to try to ensure children's safety while dealing with your situation.

# What We Know About Domestic Abuse

## What is domestic abuse?

Domestic abuse is a pattern of behaviour used by one person (more often a male) to control and dominate another (more often a female) in an intimate relationship. Domestic abuse can be inflicted on men by women or in same sex relationships, but the most common occurrence is abuse of women by men.

Types of behaviour used in abusive relationships can include:

- Physical violence – hitting, pushing, shaking, kicking, strangling or use of weapons.
- Sexual violence including rape or being forced to have sex at times or in ways you do not want to or that is degrading.
- Psychological and emotional abuse such as continual criticism, name calling or threats.
- Social isolation – controlling where you go or who you see.
- Financial abuse – controlling or not allowing access to money, work or other resources.
- Harassment and intimidation such as stalking.

- Threats of violence to a partner, or other family members, including children.
- Unpredictable eruptions of violence, rage or moods that have a partner and children 'walking on eggshells'.

Abuse is always the responsibility of the person who carries it out. While the nature of domestic abuse is such that it is almost always the victim who must seek help and support in order to protect themselves and their children, it must always be remembered that it is the abuser who is responsible for their abusive behaviour.

## How much does it happen?

A 2005 national study of domestic abuse of women and men in Ireland found that 15% (or one in 7 women) and 6% (or one in 16 men) had experienced severely abusive behaviour from a partner at some time in their lives ([www.crimecouncil.ie](http://www.crimecouncil.ie)). The study found that women are:

- Twice as likely to experience physical abuse.
- Three times more likely to experience emotional abuse.
- Seven times more likely to experience sexual abuse.
- Twice as likely to need medical treatment.
- Ten times more likely to require a stay in hospital.

Adults whose parents were abusive have more than double the chance of being abused and people who have children are three times more likely to experience abuse. Abuse is more likely where partners are isolated from family and neighbourhood supports. People who have a serious disability are almost three times more likely than others to experience serious abuse.

Domestic abuse can happen in relationships where couples are married, co-habiting, dating or even living apart. It tends to start early in a relationship and to get worse over time. At first it may appear to be isolated incidents, after which the abuser often promises not to do it again. But frequently a pattern develops where the abuse becomes more regular and more severe, eventually dominating the relationship.

### Domestic abuse and parenting

The vast majority of parents, both mothers and fathers, want what is best for their children and work very hard to meet their needs. In most situations parents are rightly seen as responsible joint carers and equal partners in the family unit. However, where there is domestic abuse, it is not an equal partnership. In abusive relationships, one partner uses abusive tactics to control and undermine the other. This can affect many aspects of family life, including parenting.

Services such as relationship counselling or mediation should 'screen' prospective couples for evidence of domestic abuse by seeing each partner individually. On this basis they can then decide how to proceed to ensure safety. It is crucial to consider this when decisions in relation to access arrangements for children are being made. We know that violence often gets worse after separation and that contact between fathers and children can be used to continue the abuse unless a clear commitment to non-violence is made.

## Domestic abuse and children

The effects on children of witnessing or overhearing violence are similar to the effects on children who have been abused. In families where there is domestic abuse, both mothers and fathers generally underestimate how much children see and hear. In many studies it has been shown that children are either in the same or the next room in over 60% of cases when domestic abuse occurs. Many more children see the aftermath of violence, including emotional trauma, physical injuries or damage to property.

## Getting help and support

If you are living in an abusive relationship and are concerned for your own and your child's safety it is essential to seek help and support to deal with your situation. Many people, women and men, who have experienced abuse tell somebody – friends, family members or professionals. Breaking the silence and secrecy that surrounds abuse can be the first step to a life free from violence and abuse for you and your child. Information on some organisations where you will be able to get help and support is provided at the back of this booklet. If you are not at risk yourself, you may know or suspect that someone you care about is

experiencing domestic abuse. If so, the information in this booklet may help you to help them.

If you have a disability or are a member of a minority group, such as Travellers or asylum seekers, you may feel that it is more difficult to access help and support or that your options are more limited. This may be due to discrimination, difficulties in access or services not meeting the needs of people from different backgrounds. If this is your situation, remember that you are not alone. There are specific support services available and you will find information on organisations that can help you at the back of this booklet.

## Children's Rights

All children have the right:

- To be safe, cared for and protected from violence, abuse and neglect.
- To be brought up by their parents in a family where it is safe.
- To have their wishes taken into account in matters affecting them.
- To be treated with dignity and respect.

# Domestic Abuse and Parenting

## Do young children understand domestic abuse or will they think it is just parents 'fighting'?

How children understand domestic abuse differs according to their age, ability, experience and the response of those around them. Younger children may not understand the power dynamic involved because to them all adults are powerful. Children have a strong sense of what is 'fair' and will try to make sense of what is happening in that way. Older children may be clear about what domestic abuse is and its effects or they may deny or minimise both the violence and its impact. Often in abusive situations, the abuser will blame his or her victim and this can add to a child's confusion.

## Are all children harmed by domestic abuse?

Yes. Domestic abuse harms all children who live with it. When children witness one parent harming another, their bonds of trust and security are broken. Each

child's experience and reaction is unique and some children are affected more than others. Even children from the same family can react differently.

## How does domestic abuse affect children?

Children who live with domestic abuse tend to have more difficulties than children from non-violent homes. They may have problems in school, in social relationships, in their behaviour or in their mental and emotional health. Adults who experienced severe domestic abuse in childhood are twice as likely as other people to be in abusive relationships as adults. The longer children are exposed to domestic abuse, the more they are affected.

Signs that children might show include:

### **PHYSICAL SIGNS**

- Injuries such as bruises or broken bones
- Self-harm
- Eating difficulties
- Sleeping difficulties or nightmares
- Bed wetting
- Having to leave home, friends, possessions

### **EMOTIONAL SIGNS**

- Feeling guilty or that it is their fault
- Anger towards abuser, other parent or siblings
- Introversion, withdrawal
- Fear, tension, stress
- Emotional confusion
- Sadness, depression

### **BEHAVIOURAL SIGNS**

- Acting out anger, aggression
- Being protective, trying to stop the violence – putting themselves at risk
- Trying to protect siblings
- Running away from home
- 'Mitching' from school

### **SOCIAL SIGNS**

- Social isolation
- Low self-esteem
- Difficulty trusting others
- Poor social skills
- Being bullied
- Aggression towards others



## How will I know if my child is affected by domestic abuse?

Young children often show their feelings or worries through their behaviour. They may not have the words to say how they feel and sometimes they try to hide their reactions because they feel afraid, ashamed or that they are to blame.

Your child may show his or her feelings by:

- Acting out his or her emotions in play.
- Being aggressive to you, brothers, sisters or other children.
- Being sad and withdrawn.
- Being nervous, clingy or anxious.

Children may be torn between feeling love for both parents and anger at their behaviour. Older children may be more able to talk about how they feel, but only when they feel safe to do so. Often they need to be gently supported and encouraged to open up.

## Are there other ways my child can be harmed?

Yes. Sometimes children can be 'groomed' or encouraged by the abusive parent to take sides and undermine or blame the other parent. Or they can be drawn into the abuse in other ways. They may put themselves at risk by trying to stop the violence. Feelings of shame, fear or of being 'different' may stop children from talking about the abuse. They can also get caught in the 'secrecy' trap that often accompanies abusive behaviour either because they feel ashamed or because they are afraid to speak out.

## Will my child be affected at school?

School can offer children a safe, stable break from the situation and give them the chance to build a trusting, supportive relationship with another adult or adults outside the home. School also provides children with a place to be with friends and take part in activities, which allows them to escape, both mentally and physically, from the violence and abuse for a time.

At the same time, domestic abuse can have a damaging effect on children's schooling. If children are tired, frightened, confused or upset they may have difficulty concentrating in school or doing their homework.

If teachers know what is happening in your child's life they will be able to understand and respond to his or her needs. If you feel that you can, it may be helpful to talk in confidence to the school teacher and/or principal about the situation.

## Can my child be protected from the effects of living with domestic abuse?

Children cannot be fully protected when they live with abuse, but with help and support they can recover and go on to live healthy and happy lives. You can best protect and care for your child by getting support for yourself. When children have good experiences and supportive relationships in their lives, it helps to build their confidence and self esteem and allows them to feel safe and secure.

## What does the most harm?

- Directly witnessing serious abuse.
- Living with ongoing fear and anxiety for a long time.
- Being isolated and not having access to support outside the family.
- Having repeated disruptions to their lives – having to move homes, change schools, lose contact with friends and relatives several times (even though this may be necessary for safety).
- Confusion caused by denial, secrecy and by adults minimising the impact of abuse in their lives.

The worst kind of trauma is trauma that is not acknowledged or responded to.

## Factors that protect children

- Having someone to talk to who will listen and understand their feelings.
- Being reassured that the abuse is not their fault.
- Having their self esteem built up through praise, recognition and achievement.
- Spending time with friends and other adults in their lives who they like and love.
- Taking part in positive activities outside the home like hobbies and sports.

## **I try to make sure my child does not know what is happening. Will he or she still be affected?**

Yes. Even when parents think children are not aware of the situation, children almost always know and they witness a lot more than parents realise. Children talk of feeling upset, frightened, worried or angry during and after episodes of violence. When the abuse is not happening, they live in fear of when it will start again.

## **Should I talk to my child about domestic abuse?**

Yes. If you do not talk about what is happening in the home, children get the message that it is not ok for them to talk about it either. They are left to carry the burden of knowing without being able to talk about their experience. Children need:

- Someone to talk to.
- Someone to listen to them and believe them.
- Someone in whom they can confide their feelings and fears.

Being able to talk about their experience helps children to make sense of what is happening and to feel less alone, sad and overwhelmed. Children also need to be involved in making decisions and helping to find solutions. Hearing their children's experience can help parents realise they need help and support.

## **How can I let my child know he or she is being listened to?**

- Make time to be alone with your child.
- Give your child your full attention.
- Let your child know you believe him or her and take what he or she says seriously.
- Tell your child you want to understand what he or she is saying and feeling.

## **How can I talk to my child about domestic abuse?**

- Use clear, simple language to help your child to name his or her feelings.
- Use words and examples that your child will understand.

- Talk to your child at a time and a place when you are calm and will not be interrupted, maybe at bedtime or when out for a walk.
- Let your child know it is ok to express his or her feelings, for example to cry or be angry or ask questions.

## What should I say to my child about the abuse?

The most important message to give children is that the abuse is not their fault and that they are not responsible for it happening, or for making it stop.

- Tell your child that everyone has a right to be safe and that no one has a right to hurt him or her – not parents, not friends, not other adults – no one.
- Do not feel you have to protect your abuser to minimise what is happening. Many victims feel it is their responsibility to explain away the abuse so that children do not think badly of their abusive parent.

- It is important to tell your child not to get involved when violence happens, even if he or she wants to help or protect you. Tell your child to stay out of the room or, if possible, to get out of the house and/or call the police.
- Reassure your child that he or she is loved, that his or her safety and happiness is very important to you and that you will always want be there to give support.

## What stops children telling someone who can help them?

Children may be afraid to tell in case they are not believed or in case telling results in more abuse. They may have been told by the abuser that it is a secret or even threatened in order to stop them telling anyone. Children also may have been told by the abuser that if they tell they will break up the family or lose one or both parents – a devastating prospect for a child. Often children do try to tell other adults but they are not heard or adults fail to act in response.

## Does domestic abuse affect parenting?

A parent who is abusive to their partner is also abusing their children emotionally, even if they are not physically abusive to them. Although you might try to shield your child, you cannot protect him or her from the negative effects of the abuse. Always remember you are only responsible for your own behaviour and you are not responsible for the behaviour of your abusive partner. You do not have to hide or justify the abuse in any way. Abused parents sometimes feel it is better to minimise the extent of the abuse in the belief that this will protect the children from knowing what is happening. However, this is not the case. Often children are aware of much more than their parents believe they know and to deny this reality can confuse them and undermine their trust.

Domestic abuse can make your own parenting more difficult as well. Parents who are abused often try very hard to continue to look after their children and to protect them as much as possible, often even at risk to themselves. However, physical injuries, stress, fear, emotional confusion and exhaustion can all affect how the abused parent responds to their children's needs. Your attention may be focused on trying to manage your own

feelings and trying to anticipate the mood and responses of the abuser. This can mean you are less able to give time and attention to your children. It is important also not to allow the behaviour of the abuser to undermine your own values and convictions and your belief in yourself as a parent, regardless of what strategies he or she might use to undermine or blame you.

In some situations, parents may use medication, alcohol or other drugs. This can also lessen their capacity to take care of their children. If this is your situation, or if you are feeling overwhelmed and struggling to care for your children, try to find help and support for yourself. It is now widely understood that supporting and protecting the abused parent is often the best way to protect children.

## Is my child more at risk of child abuse in a violent relationship?

Yes, your child may be. Parents who are violent are more likely to use physical punishment, threats or fear to discipline their children. Children living with domestic abuse suffer emotional abuse and are at much higher risk of injury from:

- Trying to intervene to stop the violence.
- Direct attacks on themselves.
- Physical punishment by the abuser or the abused parent.

It has also been shown that children living with domestic abuse are at higher risk of sexual abuse.

## Are there things I can do to try to protect my child when there is violence?

Yes, there are a number of things you can do. You can:

- Tell your child to leave or stay out of the room where the violence is happening if possible and to call the police if he or she is old enough to do so.
- Tell your child not to get involved or to try to protect you physically, as this could place him or her in danger.
- Show your child how to get help if necessary, how to use the phone to call the police or a trusted neighbour or friend when violence starts.
- Tell your child to go a close neighbour's or friend's house if it is safe for him or her to do so. If possible, let one of your neighbours know this might happen.

## How can I best support my child?

The best way to support your child and keep him or her safe is to try to ensure your own safety. Talk to someone who will support you or contact organisations who have expertise, skills and experience in dealing with the issue of domestic abuse. This is probably the first step in helping you to support and protect your child. If you think it will be helpful, you could ask someone you trust to talk to your child to explain what is happening and to listen to what he or she has to say.

## Will my child get over the effects of domestic abuse?

Yes, many children can and do recover once the abuse stops. While the effects of domestic abuse can be very damaging, when children are safe and can begin to understand the experience and their own feelings, they can find ways to cope and recover. For this to happen, it is likely that your child will need support and help from caring adults.

## What are my options?

Leaving the relationship and starting a new life may be the best choice for you and your child. Organisations such as Family Resource Centres, refuges or domestic abuse organisations can support you to make that choice. This is not an easy decision and there may be many obstacles to overcome. If leaving the situation is not an option for you then there are still a number of things you can do.

- You may be able to get a Safety Order, which prevents your partner being violent in your home, or a Barring Order, which prevents your partner coming into your home.
- Get support from as many people as you can and have a 'safety plan' for yourself and your child when violence occurs.
- Contact your local domestic abuse support service or refuge. They will help you to identify the solutions which best suit your circumstances.
- Alert neighbours, family members and the Gardai to your situation. This can mean that help and support will be more readily available to you when you need it.

## How will it affect my child if we have to leave our home?

Leaving home can be a very hard decision for parents and children. When children have to leave their home they often have to leave behind toys and possessions, friends and family members and a familiar neighbourhood. They may also have to change schools. Children, like adults, find this difficult. However, if children understand that the reason for change is so that they and you can be safe, they will find it easier to accept and adjust.

If it is possible to plan for leaving, it will help if you can take some things that are important to you and your child. Some clothes and favourite toys will help to comfort and reassure your child when he or she is adjusting to somewhere new. Birth certificates, school books and uniforms or social welfare information may also be needed.

## If one parent leaves, will the child have contact with him or her?

A lot depends on the circumstances in which a parent leaves and on what is agreed between the parents or sometimes through the courts. Because many more women than men experience severe domestic abuse and because women are often the main carers for young children, more often the father is the parent who does not live with the family.

The issue of contact between children and fathers who are or have been abusive is a difficult and controversial one. Fathers have an important place in children's lives and most children will have a strong bond with their fathers. However, where children have witnessed domestic abuse, that relationship is likely to be confusing, conflicted or fearful.

Contact with children may be used as a means to continue violence and control in an abusive relationship and may be a risk to the children or the other partner. Too often this is not taken into account in court proceedings where judges appear very reluctant to refuse continued contact. Listening to your child is the best way to judge if contact is safe for you both.

## Guidelines for continued contact

- The safety and welfare of your child must be the primary consideration in any decision to allow or arrange ongoing contact so the first step is to ask:
  - Is it safe for my child to have contact with my abusive partner?
  - Will contact or access place me at risk of further abuse?
- Your child's own views and wishes must be listened to and taken into account.
- Where continued violence, threat of violence or intimidation exists, contact should be limited, supervised and only take place in a safe venue.
- Any existing Barring Orders, Safety Orders or injunctions must be upheld and not broken to aid contact.
- In many instances, it may be beneficial for contact to be maintained with the co-operation of a trusted and supportive friend or family member (grandparent, aunt or uncle) and in an environment where your child feels safe and secure. This is an option only where family members understand the nature of domestic abuse and the risks involved to both children and abused partners.
- A safe parenting plan may be agreed through mediation.



## Where can I get help?

If your own family and friends understand your situation, they can be a source of support, help and safety. Other services include:

- Your local refuge or domestic abuse support service
- The Gardai, your GP, your local health centre
- Citizens Information Centre
- Your solicitor or Free Legal Aid Centre

Many Family Resource Centres and community groups have staff who are trained in how to respond to domestic abuse. If they cannot help you directly they can put you in touch with services that can. The most important thing is to talk to someone you trust.

## Safety Tips

If you want to talk to your child about your situation or are planning to leave or take some action about the abuse, make sure that the information will not put him or her or yourself at greater risk. **Violence often increases if the abuser knows they are going to be challenged or if their partner decides to leave.** If this is the case you may need to be extra careful and not draw attention to your plans.

If you are contacting any services for help or information, you may want to do it from somewhere outside your home, or from a phone on which calls cannot be traced. If you are using the internet to get information, make sure you clear your search history and temporary files before you log off. (Most sites dealing with this issue will provide instructions on how to do this.) Your local library can be very useful source of information and most libraries have internet access also.

# Sources of Further Information

## Useful Publications

**Challenging the Misconceptions of Violence against Minority Ethnic Women, including Travellers, in Ireland** An Information brochure for service providers

**Pavee Beoirs: Breaking the Silence the Silence, Violence against Traveller Women** Both of the above are available to download from [www.paveepoint.ie/publications-gender.html](http://www.paveepoint.ie/publications-gender.html)

**Childhood Experiences of Domestic Violence** Caroline McGee (2000) Jessica Kingsley Publishers, London

**Children and domestic violence: a research overview of the impact on children.** Humphreys, Mullender (2000) Research in Practice [www.rip.org.uk](http://www.rip.org.uk)

**Domestic Abuse of Women and Men in Ireland. Report on the National Study of Domestic Abuse from the National Crime Council in association with the Economic and Social Research Institute.** Watson and Parsons (2005) The Stationary Office, Dublin [www.crimecouncil.ie](http://www.crimecouncil.ie)

**Justice for All: A Domestic Violence Handbook for Deaf People** The Deaf Women's Advocacy Services (ADWAS)

**Lean on Me: An information guide for women living with domestic abuse** ADAPT Services (2001) Available from ADAPT Services, Rosbrien, Limerick

**Listen to Me! Children's Experience of Domestic Violence** Buckley, Whelan, and Holt (2006) Available from the Children's Research Centre, Trinity College, Dublin

**Listening to Children: Children's stories of domestic violence** Fergus Hogan and Máire O' Reilly (2007), The Centre for Social and Family Research, Waterford Institute of Technology

**Parenting a Child Affected by Domestic Violence** Hedy Cleaver (2015) British Association for Adoption and Fostering

## Useful Contacts

Here are the names of other places you can contact when you want information or want help to find someone to talk to:

### For Children Barnardos

Christchurch Square, Dublin 8  
Tel: 01 453 0355 Email: [info@barnardos.ie](mailto:info@barnardos.ie)  
[www.barnardos.ie](http://www.barnardos.ie)

**Tusla - Child and Family Agency**  
Brunel Building, Heuston South Quarter, Dublin 8  
Tel: 01 771 8500 Email: [info@tusla.ie](mailto:info@tusla.ie)  
[www.tusla.ie](http://www.tusla.ie)

**Childline**  
Tel: 1800 666 666 [www.childline.ie](http://www.childline.ie)

**Cosc – The National Office for the Prevention of Domestic, Sexual and Gender-based Violence**  
Department of Justice and Equality  
2nd Floor, Montague Court,  
Montague Street, Dublin 2  
Tel: 01 476 8680 Email: [cosc@justice.ie](mailto:cosc@justice.ie)  
[www.cosc.ie](http://www.cosc.ie)

**Irish Society for the Prevention of Cruelty to Children (ISPCC)**  
29 Lower Baggot Street, Dublin 2  
Tel: 01 676 7960 Email: [ispcc@ispcc.ie](mailto:ispcc@ispcc.ie)  
[www.ispcc.ie](http://www.ispcc.ie)

**The Office of the Ombudsman for Children**  
Millennium House, 52-56 Great Strand Street,  
Dublin 1  
Tel: 1890 654 654 Email: [oco@oco.ie](mailto:oco@oco.ie)  
[www.oco.ie](http://www.oco.ie)

**For Parents  
Accord (Catholic Marriage Care Service)**  
ACCORD Central Office, Columba Centre,  
Maynooth, Co Kildare  
Tel: 01 505 3112 [www.accord.ie](http://www.accord.ie)

**AMEN** (*advice line for male victims of domestic abuse*) St. Anne's Resource Centre, Railway Street, Navan, Co. Meath Tel: 046 902 3718  
Email: [info@amen.ie](mailto:info@amen.ie) [www.amen.ie](http://www.amen.ie)

#### **Citizens Information Board,**

Ground Floor, George's Quay House,  
43 Townsend St, Dublin 2  
For contact details of your local centre visit  
[www.citizensinformation.ie](http://www.citizensinformation.ie)  
Information Line 0761 07 4000  
(Monday to Friday, 9am to 8pm)

#### **Dublin Rape Crisis Centre**

70 Lower Leeson St, Dublin 2  
Tel: 1800 778 888 Email: [rcc@indigo.ie](mailto:rcc@indigo.ie)  
[www.drcc.ie](http://www.drcc.ie)

#### **Family Mediation Service**

For contact details of local centres see  
[http://www.legalaidboard.ie/lab/publishing.nsf/  
content/Family\\_Mediation\\_Service\\_Contact\\_us](http://www.legalaidboard.ie/lab/publishing.nsf/content/Family_Mediation_Service_Contact_us)

#### **Focus Ireland**

9-12 High Street, Christchurch, Dublin 8  
Tel: 01 881 5900  
[www.focusireland.ie](http://www.focusireland.ie)

#### **Free Legal Advice Centres**

13 Lower Dorset Street, Dublin 1  
Information Line: 1890 350 250  
Tel: 01 874 5690 [www.flac.ie](http://www.flac.ie)

#### **Immigrant Council of Ireland**

2 St Andrew Street, Dublin 2  
Tel: 01 674 0200  
Email: [info@immigrantcouncil.ie](mailto:info@immigrantcouncil.ie)  
[www.immigrantcouncil.ie](http://www.immigrantcouncil.ie)

#### **Legal Aid Board** (Head Office)

Quay Street, Cahirciveen, Co Kerry  
Local: 1890 615 200  
Email: [info@legalaidboard.ie](mailto:info@legalaidboard.ie)  
[www.legalaidboard.ie](http://www.legalaidboard.ie)

#### **Money Advice & Budgeting Service** (MABS)

Helpline: 0761 07200

#### **Move Ireland**

Unit 2, First Floor, Clare Road Business Mall,  
Clare Road, Ennis, County Clare  
Tel: 065 684 8689 Email: [move@moveireland.ie](mailto:move@moveireland.ie)  
[www.moveireland.ie](http://www.moveireland.ie)

#### **Pavee Point Traveller & Roma Centre**

46 North Great Charles Street, Dublin 1  
Tel: 01 878 0255 Email: [info@pavee.ie](mailto:info@pavee.ie)  
[www.paveepoint.ie](http://www.paveepoint.ie)

#### **Rape Crisis Network**

4 Prospect Hill, Galway  
Tel: 091 563 676  
Email: [info@rcni.ie](mailto:info@rcni.ie) [www.rcni.ie](http://www.rcni.ie)

#### **Respond!** (*Housing Association*)

Tel: 0818 357 901 Email: [info@respond.ie](mailto:info@respond.ie)  
[www.respond.ie](http://www.respond.ie)

#### **SAFE Ireland**

Unit 5 Centre Court, Blyry Business Park,  
Co. Westmeath  
Tel: 090 647 9078  
Email: [office@safeireland.ie](mailto:office@safeireland.ie) [www.safeireland.ie](http://www.safeireland.ie)

#### **Samaritans**

Tel: 116 123  
[www.samaritans.org](http://www.samaritans.org)

#### **Sonas**

Tel: 01 866 2015 / 087 952 5217  
[www.domesticabuse.ie](http://www.domesticabuse.ie)

#### **The Irish Refugee Council**

37 Dame Street, Dublin 2  
Tel: 01 764 5854 Email: [refugee@iol.ie](mailto:refugee@iol.ie)  
[www.irishrefugeecouncil.ie](http://www.irishrefugeecouncil.ie)

#### **Threshold**

21 Stoneybatter, Dublin 7  
[www.threshold.ie](http://www.threshold.ie) for your nearest advice centre

#### **Treoir**

14 Gandon House, Custom House Square, IFSC,  
Dublin 1 Tel: 01 670 0120 / 1890 252084  
Email: [info@treoir.ie](mailto:info@treoir.ie) [www.treoir.ie](http://www.treoir.ie)

#### **Women's Aid**

5 Wilton Place, Dublin 2  
Helpline: 1800 341 900  
Email: [info@womensaid.ie](mailto:info@womensaid.ie)  
[www.womensaid.ie](http://www.womensaid.ie)

Information and support is available on the Tusla website 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.  
<http://www.tusla.ie/services/domestic-sexual-gender-based-violence/rape-crisis-centres/>

**Contact details for your local Garda Station, can be found on [www.garda.ie](http://www.garda.ie)**

**Lists of public hospitals can be found on <http://www.hse.ie/eng/services/list/3/hospitals/hospitalist.html>**

Tusla - Child and Family Agency, Brunel Building, Heuston South Quarter, Dublin 8

T: 01 771 8500 E: [info@tusla.ie](mailto:info@tusla.ie) [www.tusla.ie](http://www.tusla.ie)

Barnardos, Christchurch Square, Dublin 8

T: 01 454 9699 E: [resources@barnardos.ie](mailto:resources@barnardos.ie) or [training@barnardos.ie](mailto:training@barnardos.ie) [www.barnardos.ie](http://www.barnardos.ie)

**TUSLA**

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

  
**Barnardos**