



Sonas Domestic Abuse

If you are experiencing violence or abuse from your partner or family member, Sonas can help you.

Here is how we support women and children who experience domestic abuse.

- Free 24 Hour Helpline – **1800 22 22 23**
- Safe accommodation for women and children forced to leave their accommodation due to domestic abuse
- Outreach and Community Support - A support worker will meet with you and provide information and advice
- Court Preparation and Accompaniment Service
- Children and Young People Support Service

Translators available on request

- For help call us at **1800 22 22 23 (24 hours a day)**
- Or email us at info@sonasdomesticabuse.ie