



Domestic Abuse Support Service
09064 74122

PROVIDES SUPPORT TO WOMEN AND CHILDREN IN THE FOLLOWING WAYS:

- Support and information; about domestic abuse, how it affects you and your children and your rights and entitlements
- Emergency Refuge Accommodation
- 24 Hour Helpline
- Safety planning
- Legal Court/ Support Services
- Advocacy to other agencies
- Outreach Clinics
- Children & Young People Support Service
- Counselling
- Awareness & Training Programs

HOW TO CONTACT US:

24/7 HELPLINE: 09064-74122

EMAIL: INFO@ESKERHOUSE.IE | FACEBOOK: @ESKERHOUSEDVSERVICE
| WEBSITE: www.eskerhouse.ie



Westmeath Support Service
Against Domestic Abuse

PROVIDES SUPPORT (TO WOMEN) IN THE FOLLOWING WAYS:

- Telephone Support
- One to One Support
- Referral Service
- Legal Advocacy/Accompaniment
- Court Accompaniment
- Outreach Service

HOW TO CONTACT US:

Phone: 044 9333868 Mobile: 087 1336853

7 Grove Street, Mullingar, Co. Westmeath, N91 RW35

EMAIL: info@wssada.ie

WEBSITE: www.wssada.ie



Athlone (Midland)
Rape Crisis Centre

- Have you been made take part in any sexual act without your consent?
- Have you been afraid to refuse sex for any reason e.g., domestic violence, protection of your children from violence, coercion?
- Have you ever been afraid that you have been the victim of drug rape?

We offer services in Athlone and Mullingar:

- Support and counselling to clients from 14 years old who have suffered the trauma of any form of sexual violence /abuse.
- Counselling sessions can be by phone, video link or face to face

HOW TO CONTACT US:

(free phone line) 1800 306 600

EMAIL: info@amrcc.ie | WEBSITE: www.amrcc.ie



Women's
Collective
Ireland
Mullingar



Mullingar Counselling Service offers free counselling to people who have been affected by domestic violence or sexual abuse.

SERVICES OFFERED ARE

- Face to face counselling
- Online counselling via Zoom
- Confidential phone Counselling
- Referral Service Links to services within Women's Community Projects

HOW TO CONTACT US:

Telephone Number: 086 265 5066

Email: patriciaigmccs@gmail.com

ALL SERVICES ARE FREE AND CONFIDENTIAL

Esker House 24/7 Helpline: 090 647 4122

Women's Aid Helpline: (FREEPHONE) 1800 341 900

Men's Aid Confidential Helpline – 01 554 3811

Gardaí: 999/112



Athlone (Midland)
Rape Crisis Centre



Westmeath Support Service
Against Domestic Abuse



ARE YOU EXPERIENCING
DOMESTIC VIOLENCE?

THERE ARE SERVICES AVAILABLE
TO YOU IN WESTMEATH.

YOU HAVE THE RIGHT TO BE SAFE
IN YOUR OWN HOME

WE ARE HERE TO HELP

ENGLISH

WHAT IS DOMESTIC VIOLENCE?

WHAT IS DOMESTIC VIOLENCE?

1 in 4 women in Ireland experience Domestic Violence. It affects people from many walks of life.

DO YOU EVER?

- Suffer from any kind of violence? Eg; pushing, slaps, punches, biting, kicking, spitting, hair pulling or being threatened or beaten.
- Feel frightened, threatened or intimidated by your partner?
- Feel isolated and you are not allowed to meet your friends or family on your own?
- Have no independent income or control over family finances?
- Get called bad names, told that you're mad, stupid, constantly criticised or put down by your partner?
- Live in dread of doing something wrong or something that will annoy your partner?
- Feel that you're not allowed to say no to sex?
- Constantly being accused of having affairs or being unfaithful by your partner?
- Feel afraid all of the time or feel trapped and that you can't change your situation?

IF ANY OF THIS SOUNDS FAMILIAR, THEN YOU MAY BE EXPERIENCING DOMESTIC VIOLENCE OR ABUSE.

An abuser will always tell you that you are responsible for the abuse.

This is **NOT TRUE**.

You are **NOT TO BLAME**.

YOU ARE NOT ALONE.

OUR SERVICES ARE HERE TO HELP YOU.

FREQUENTLY ASKED QUESTIONS

WILL ANYONE KNOW I HAVE CONTACTED YOU?

Our service is completely confidential. We will not contact anyone about you, or on your behalf, without your permission or knowledge.

IS YOUR SERVICE ONLY FOR WOMEN WHO HAVE LEFT THEIR PARTNER?

No. Many women stay in abusive relationships for lots of reasons. We do not judge. We support women whether they leave the relationship or stay. Our main concern is your safety and supporting you to make the choices that keep you safe.

I'VE ALREADY LEFT MY PARTNER; CAN I STILL USE YOUR SERVICE?

Yes. Women who have left their partner often feel more unsafe and vulnerable than before. We can support you to keep safe and to rebuild your life.

WHAT CAN I EXPECT FROM YOUR SERVICE?

We believe you. We will listen to you and treat you with respect. We will not try to make you leave your partner. We will support you whether you stay or leave the relationship.

We will work with you to identify the risks to your safety and help you to find ways to keep yourself safe by developing a safety plan with you. It is important that the choices you make are your own because you know better than anyone what will keep you safe. We can help you find safe ways to leave your abusive relationship if that is what you choose to do. We can help you to access safe emergency accommodation in a domestic violence refuge if needed.

We will help and support you to access your rights and entitlements.

There are a number of services in the Westmeath area that provide support if you are experiencing Domestic Abuse. These services are FREE and CONFIDENTIAL.

WHAT ARE MY PATHWAYS TO SAFETY?

TAKE THE FIRST STEP AND CALL A SERVICE FOR SUPPORT AND INFORMATION

You can call the Gardai

You can get protective order in court, the support services on this leaflet can assist you to do this

WHAT THE GARDAÍ WILL DO?

- The Gardaí will always have the welfare of the victim as their priority.
- On arrival Gardaí will introduce themselves and speak to all persons separately.
- They will try to get details of all involved and the relationship between all parties.
- If a valid domestic violence order in place has been breached, the Gardaí will arrest the culprit.
- If there is no domestic violence order in place but Gardaí have evidence of an arrestable offence, they will arrest that culprit.
- They will investigate all offences disclosed to them.
- They will take statements of complaint from the injured party.
- Gardaí may seize any item that is considered evidence for their investigation.
- Gardaí will supply details of relevant support services and explain options open to the victim.
- Gardaí will call back to the victim in the days after the initial call.

