



WHAT CAN LONGFORD WOMEN'S LINK DO FOR YOU?

Practical Support

This is where we work actively to help or support you to access your rights and entitlements.

Emotional Support

Our specialist support worker will meet with you by appointment at our Longford office where you can tell us about your situation, get information and discuss your options. We understand domestic violence so we will also help you form a plan to keep you safe (this is called a Safety Plan) and we will provide you with emotional support.

Outreach

We will meet with you if you can't come to the office for an appointment in a safe location that you choose.

Helpline

You can ring for support and information for either yourself or someone you may know that is experiencing domestic violence/abuse.

Court/Accompaniment

If you are going to court one of our specialists can accompany you. They can support you and help you (understand the judicial process and Judge's decisions). We can also accompany you to Solicitor's offices, Dep't of Social Protection to help you access your rights and entitlements and to the Gardai if you need to make complaints or statements.

Counselling

We have experienced counsellors available if you need support dealing with the emotional impact of your experience.

Links

We can link you into women's groups, education/training courses, childcare services within Longford Women's Link.



For free and confidential advice or help call :

LONGFORD WOMEN'S LINK
DOMESTIC VIOLENCE SERVICE

WILLOW HOUSE,
ARNACASSA AVENUE,
LONGFORD

TEL : 043 3341511

Open : 9.30am—5pm

If you can't contact us during these hours, leave a message and we will call you back. You will need to let us know when it is safe for us to contact you

 www.facebook.com/lwldvs
www.lwl.ie



YOU HAVE THE RIGHT TO BE SAFE IN YOUR OWN HOME

BE FREE FROM DOMESTIC VIOLENCE
LONGFORD WOMEN'S LINK IS HERE TO HELP





What Is Domestic Violence?

What Is Domestic Violence?

1 in 5 women 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 be 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 SERVICE IS HERE TO HELP YOU.

Frequently Asked Questions

Do I have to make an appointment?

Yes. We will offer you an appointment at a time and place that is safe for you. We do not operate a drop in service. Sometimes women need immediate support (in crisis) and we will do our best to offer support without an appointment.

Will anyone know I have contacted you?

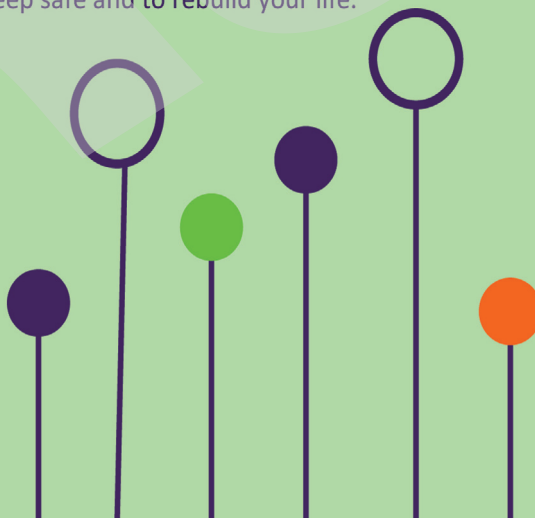
Our service is completely confidential. We will not contact anyone about you, or on your behalf, without your permission or knowledge.

Is your service only for woman that 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.



About Our Service

I'm too frightened to contact you, what can I do?

We understand how it can be frightening to tell anyone what you're going through and get help. You can always get a friend or family member to call on your behalf and we can support them to support you until you are ready to meet us. We also take referrals from external sources eg: G.P's, Gards and Religious Leaders on a women's behalf.

I can't get to your service for an appointment, what can I do?

We operate an outreach service. We can meet you at a place of your choice where you feel safe or can provide transport for you to come to the service. In some circumstances we can provide childcare for women attending the service if this is needed.

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 (Safety plan). 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 (Safety Leaving Plan), if that's what you choose to do. We can help you access safe emergency accommodation (Refuge) if needed.

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

Do I have to pay for your service?

No. our service is free and confidential.

