

**County Wicklow**  
Domestic Violence  
and Abuse Resource

**Tips to help you and your family  
keep safe**



## A Word of thanks

**Many groups and agencies worked together to produce this Domestic Abuse Resource Pack to support you if you are experiencing domestic abuse. It is based on feedback from the amazing women who linked in with the services, talked about their experiences and identified the information that would have helped them.**

In particular, we want to thank the domestic abuse services and practitioners who designed and wrote the booklet. Without them, this pack would not have been possible.

- Hayley Murphy of ANU Wicklow Domestic Violence Supports and Bray Women's Refuge
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We would also like to thank:

- the services whose original work on the County Roscommon Domestic Abuse Resource Pack provided the template for this document;
- COPE Galway which gave us permission to use some content from their book "Moving On" devised by their SURF group; and
- Wicklow CYPSC who funded this publication.

The information in this pack is intended as a guide only. We did our best to make sure it was accurate but you should not rely on it to make important decisions about your future.

Please talk to the relevant services or agencies who can help you to make the right decisions for you and your children.



## Contents

Word of thanks	03	11. Applying for legal protection and going to court	23
1. Getting support	06	12. The role of the Gardaí	24
2. What is domestic abuse?	07	13. The role of Tusla, the Child and Family Agency	25
3. Recognising abuse	09	14. Wicklow domestic violence support services	27
4. The cycle of abuse and its effects	11	15. Women's refuges and 24-hour helplines	30
5. Safety planning - staying in the relationship	11	16. Other supports	31
6. Safety planning - after you leave the relationship	15	17. Garda stations and phone numbers	33
7. Phone and internet safety	16		
8. Living with domestic abuse in rural Wicklow	18		
9. Abuse following separation	20		
10. Legal protections available to you	22		

## 1. Getting support

If you are experiencing domestic abuse, it is important to get the right help and support. Your first priority must be the safety of you and your family. We know how hard it is to reach out and make that call for support. We know how scared you might feel. But we also know that call will be your first step to freedom away from the abuse.

Not everyone understands domestic abuse and how an abusive relationship works. Some people may dismiss your concerns or minimise your experiences. Trust your instincts and if you feel that people are not listening, or are not taking your issues seriously, look for support elsewhere.

**"It isn't fair that you have to restart and rebuild your life after the detriment someone else caused you. It is frustrating, painful and sometimes hard to reconcile the time that has been lost. But you have survived, and have already shown yourself to be courageous, strong and able to change the course of your life. These qualities will sustain you."**



Drawing by a child of a surf member

## 2. What is domestic abuse?

Domestic abuse covers a range of behaviours but it starts with threats and intimidation to control you and make you feel powerless and afraid. Threats and intimidation can include:

- Smashing things
- Destroying possessions
- Putting a fist through the wall
- Handling guns, knives or other weapons
- Using intimidating body language (angry looks, raised voice)
- Hostile questioning
- Threatening to take their own life
- Threatening to take the children – or harm them

Intimidation may also include harassing you at your workplace, persistent phone calls, or sending text messages or emails.

### Different kinds of abuse

**Verbal abuse:** Includes screaming, swearing, shouting, put-downs, name-calling, and using sarcasm, ridiculing your beliefs, opinions or cultural background. It is aimed at destroying your sense of self.

**Physical abuse:** Includes pushing, shoving, hitting, slapping, strangulation, hair pulling, punching, and so on. It can also involve the use of weapons including guns, knives or other objects.

**Emotional abuse:** Behaviour that deliberately undermines your self-esteem and confidence, leading you to believe you are stupid, or 'a bad mother', telling you you're going crazy or are insane. Includes threats to harm you, the children, others, or to harm themselves. Criticising your clothes, hair, body, the way you clean, the way you cook. Behaving so erratically and unpredictably that you feel like you are 'walking on eggshells'. Manipulating and controlling you by making you feel guilty.

**Social abuse:** Includes isolating you from your social networks and supports either by preventing you from having contact with family or friends, or by verbally or physically abusing you in public or in front of others. It may be continually putting friends and family down so you slowly disconnect from your support network.

**Financial abuse:** Controls all the income and money that comes into the house. This is done slowly but it will progress until you are relying on them for everything and have to ask for money and justify why you need it. Social welfare payments might be paid to them and they might claim for children leaving you with no financial support to meet the needs of you and your family.

**Digital abuse:** Includes online and technology abuse, online shaming and stalking, and sharing explicit images (known as 'revenge porn').

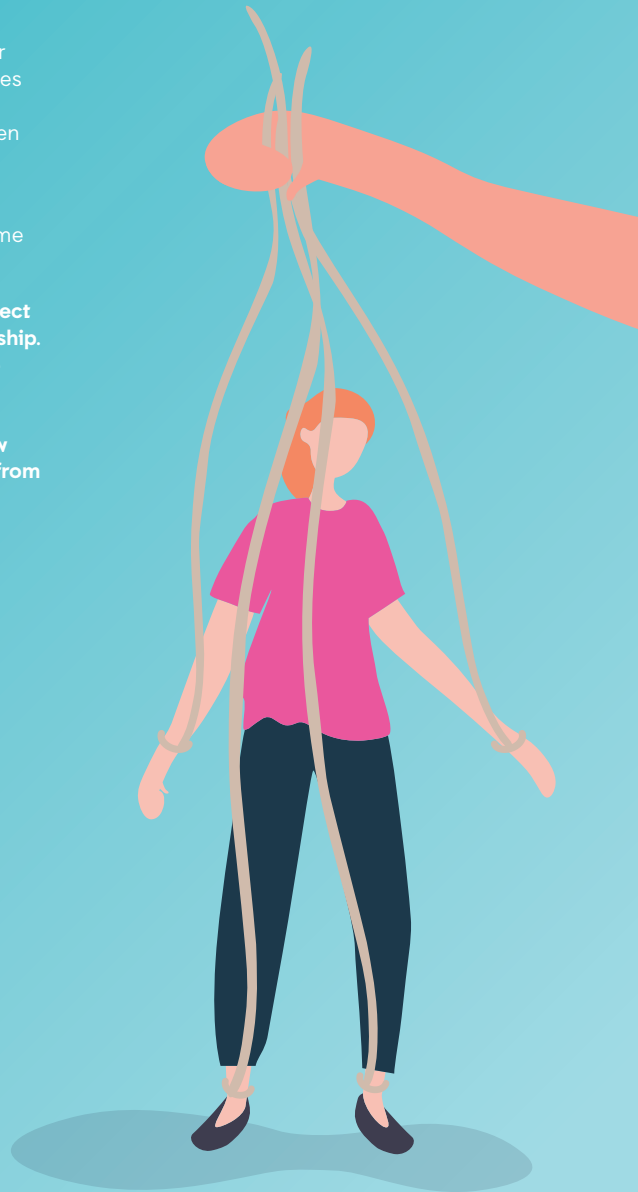
**Abuse by proxy:** this means harassing you by using others to stalk you or accuse you of offenses you did not commit. Provoking you into aggressive or even antisocial conduct by getting others to threaten you or your loved ones.

## What is Coercive Control?

Coercive control is a persistent pattern of controlling and threatening behaviour that includes some or all of the examples of domestic abuse listed above. It is a subtle form of abuse. You might not even recognise that you are in an abusive relationship.

In 2019, coercive control became a crime in Ireland.

**Coercive control can be difficult to detect from the outside looking into a relationship. It can also be hard to spot when in the relationship itself. It often starts slowly and the behaviour worsens over time. As each stage of abuse becomes a new normal, low self-esteem can stop you from seeing the reality of your situation.**



## 3. Recognising abuse

### Warning signs of an unhealthy relationship

Being able to tell the difference between healthy, unhealthy and abusive relationships can be difficult. No two relationships are the same, so what's unhealthy in one relationship may be abusive in another. Although there may be many signs, here are the most common warning signs of an abusive relationship:

**Intensity:** Over the top behaviour that feels like too much too soon. Lying to cover up insecurity. Obsessive behaviour.

**Jealousy:** Irrational, angry behaviour when you speak with someone he or she perceives as a threat. Persistently accusing you of flirtatious or inappropriate behaviour.

**Anger:** Overreacting to small issues. Losing control. Violent outbursts. Making you feel afraid.

**Control:** Telling you what to wear, who to hang out with, when to speak or what to think.

**Isolation:** Insists on only spending time with you on your own. Refuses to interact with your friends and family. Invents reason as to why you should not see your friends and family.

**Sabotage:** Making you miss school, work or something important to you by starting a fight, pretending to be sick, breaking up with you, or hiding your phone or keys.

**Criticism:** Calling you names. Brainwashing you to feel worthless.

**Blame:** Making you feel guilty. Making you feel like everything is your fault.

**Alcohol & Drugs:** Becoming overly-emotional after drinking. Sobbing, threatening to harm oneself, becoming violent or angry. Not remembering what happened while drunk. Using 'I was drunk' as an excuse for poor behaviour.

## Myth or Fact?

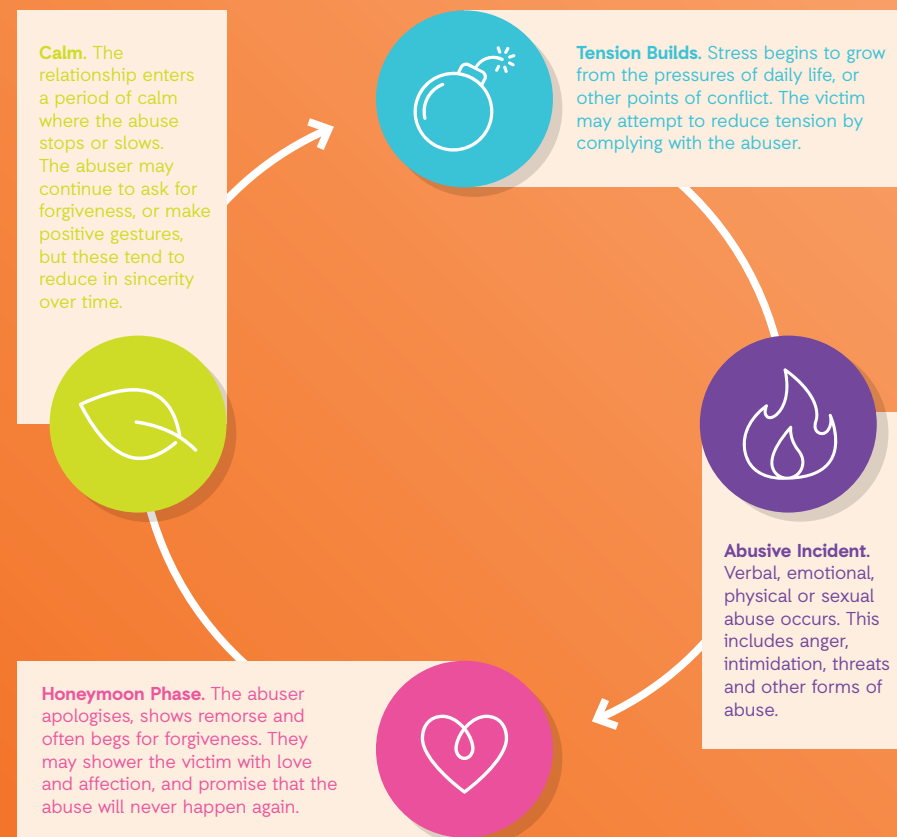
Myth	Fact
<b>Alcohol and drugs cause domestic abuse.</b>	Alcohol and drugs do not cause domestic abuse. Domestic abuse is a choice. Many abusers will make sure they have alcohol or drugs on hand to use as an excuse for their actions. Abusers will also claim their actions resulted because they could not have alcohol or drugs.
<b>Domestic abuse only happens in low-income families.</b>	Domestic abuse happens in all kinds of families, rich and poor, in every part of the country, and in every race, religion and age group.
<b>Domestic abuse is an anger control issue.</b>	Domestic abuse has nothing to do with anger. Anger is the way they get what they want. We know that every abuser is in complete control over what they are doing because they can stop when someone is at the door or they leave bruises only in places that can't be seen. They are not abusing everyone who makes them angry.
<b>Abusers have low self-esteem.</b>	Abusers believe they are entitled to have power and control over their partner. Abusers will pretend to have low self-esteem to make others believe the abuse is not their fault.
<b>I am not being physically hurt so it's not really abuse.</b>	Domestic abuse is not just physical – psychological abuse, emotional abuse, financial abuse and coercive control have significant effects on someone's life, mental health and emotional wellbeing.
<b>There are people in worse situations than me.</b>	Every situation is different so you can't compare your experience to others. It doesn't matter what your circumstances are. If you are experiencing domestic abuse – no matter what form it takes – you are entitled to access support and advice, whether you are in a relationship or not.
<b>We are separated so it's not domestic abuse.</b>	A lot of domestic abuse is carried out by an ex-partner. Sometimes domestic abuse becomes evident only when you leave the relationship or try to leave the relationship. This is when they feel they are losing control and want to punish you.

## 4. The cycle of abuse and its effects

Domestic abuse may seem unplanned or simply an argument between two people who live together. However, domestic abuse follows a pattern, no matter when it happens or who is involved. The pattern, or cycle, repeats. Each time the level of abuse may increase. At every stage in the cycle, the abuser is fully in control of themselves and is working to control and further isolate you.

If it is safe to do so, keep a journal of the abuse to help you identify the cycle of abuse. This will also help if you decide to go to court to get an order or report the abuse to the Gardaí.

Understanding the cycle of abuse and the thinking of the abuser will help you to see that you are not to blame for the abuse and that the abuser is the one responsible.



## Effects of domestic abuse

### Women

- Panic attacks
- Post-traumatic stress disorder
- Anxiety
- Suicidal ideation/ attempted suicide
- Exhaustion
- Low self-esteem/ self-doubt
- Social isolation
- Loss of employment/ homelessness/ poverty
- Reproductive health issues  
i.e. unwanted pregnancy, miscarriage, contraceptive issues
- Substance abuse
- Physical injury
- Effect on mother-child bond

### Men

- Panic attacks
- Post-traumatic stress disorder
- Anxiety
- Suicidal ideation/ attempted suicide
- Exhaustion
- Low self-esteem/ self-doubt
- Social isolation
- Loss of employment/ homelessness/ poverty
- Substance abuse
- Physical injury
- Effect on father-child bond

### Children

- Bed wetting/ nightmares/ flashbacks
- Stress-related illness (skin conditions etc)
- Eating difficulties
- Attachment issues
- School refusal
- Low self-esteem
- Anxiety
- Isolation among peers
- Self-harm
- Suicide
- Anger issues

### Family/ Relationships

- Resentment
- Homelessness
- Isolation
- Intergenerational cycle
- Mental health issues
- Scapegoating
- Perpetrator may have negative impact on relationship with victim and children
- Perpetrator may have negative impact on professionals/community
- Helplessness
- Fear

## 5. Safety planning – staying in the relationship

When living in an abusive situation, safety is the number one priority. You cannot control the abuse but you may be able to take steps to protect yourself and your family. Your safety plan is unique to your situation. Only keep a written safety plan if it is safe for you to do so. We can help you to complete a safety plan for your particular situation.

Leaving an abusive relationship can be difficult and may not be the best option for you at a particular point. If you decide to stay in the relationship, there are certain precautions you can take. For example:

- Keep a phone in a room that locks from the inside and memorise all emergency numbers.
- Carry a mobile phone with you at all times.
- Decide and plan where you will go if you do leave home (even if you don't think you'll need to).
- Make up a code word to let the children, friends, family or a neighbour know that you're in trouble and need help.
- If it is safe to do so, keep a handbag or overnight bag with important phone numbers and items in a place where you can grab it if you need to leave in a hurry.
- If you have a car, make sure to park it so that you will be able to leave quickly if you need to (for example, park it facing outwards).
- Install the Bright Sky Ireland App on your phone.

**IF YOU ARE IN DANGER OR  
HAVE BEEN ASSAULTED,  
call the Gardaí 999/112.**

### Get out, if you can.

If you can't get out, don't go into places like the kitchen or garage where there are plenty of potential weapons.

Avoid small rooms where you can be trapped and rooms without windows.



## The Bright Sky App

The Bright Sky App is a free app that connects victims of domestic violence and abuse to advice and support services across the country. It looks like a functioning weather app for maximum privacy and safety. Please be careful when sharing information on the app. The app was developed by the Vodafone Ireland Foundation, working with Women's Aid and An Garda Síochána.



## 6. Safety planning – after you leave the relationship

We know that leaving an abusive relationship does not always mean an end to the violence. Many people experience abuse from former partners (this is called post separation abuse).

Here are some things you can do to stay safe after you leave.

- Keep in touch with your local domestic abuse service. They will help you plan your safety as your circumstances change.
- If possible, change your phone number.
- Screen calls with an answering machine and don't answer calls from numbers you don't know.
- Save all messages that are threatening or which violate a domestic violence order (domestic violence orders are explained on page 22).
- Open accounts (bank, household etc..) in your name only.
- Vary your daily routine – change your commute to work and don't visit the same bank or shop too often.
- If you have to meet your ex-partner for access (a visit with the children), try to do it in a public place. We will explore these issues with you during a safety planning session.
- Prepare your children so they know what to do if someone comes to the house or to school looking for you (or them). Let their teachers know that you are the only one authorised to pick up your children from school.
- Install the Bright Sky Ireland App on your phone.

## 7. Phone and internet safety

If you feel your internet and phone activities are being monitored, they probably are. Here are some ways you can use your computer or phone safely.

- Don't change your computer activities suddenly.
- Continue to use the monitored computer or phone for harmless tasks, such as checking the weather.
- Use a safer computer to research an escape plan or ask for help.
- You can find a safer computer in the library, an internet café or at a trusted friend's house.
- Email, text and instant messenger accounts can be easily monitored, so use different accounts that the abuser isn't aware of. Navigating violence, abuse, and stalking can be very difficult and dangerous.
- Contact your local domestic abuse service. We will help you create a safety plan and tell you about other options.

### Anyone can do it

Computers and phones store lots of information about how they are used. You don't need to have special skills to monitor them. Anyone can do it, using tools like spyware, keystroke loggers and basic hacking techniques.

### Deleting is not enough

It is not possible to delete all the 'footprints' of your online activities. Even if you delete your entire browsing history, there are ways to see what you were looking at.

### Use a helpline

Email, text and instant messaging apps are not safe ways to talk to someone about the danger you are in. If you use them, please use a safe computer and an account your abuser does not know about. If possible, please call a helpline instead.

### Sudden changes

If you are being monitored, it may be dangerous to change your computer behaviour suddenly. For example, abruptly deleting your browsing history may cause further suspicion if that is not something you do regularly. Instead, continue to use the computer or phone that is being monitored for harmless activities, like looking up the weather. Use a safer computer to research an escape plan, look for a job or somewhere to live, or ask for help.

### Safer computer?

It might be safer to use a computer in a public library, at a trusted friend's house, or an internet café. ([www.safeireland.ie/get-help/safety-information/information-on-internet-and-computer-safety/](http://www.safeireland.ie/get-help/safety-information/information-on-internet-and-computer-safety/), 2021)



## Some words explained...

### Abuse

to insult, hurt, injure, rape or molest another person. Abusive behaviour may include, but is not limited to: physical abuse, emotional abuse, financial abuse and verbal abuse

### Grooming

deliberate use of tactics to gain compliance and to avoid disclosure

### Co-parenting

a process where two parents work together to raise a child even though they are divorced or separated and no longer live together

### Intimidation

to frighten or threaten someone, usually to get them to do something they don't want to do

## 8. Living with domestic abuse in rural Wicklow



More than one in four (27%) of the population in County Wicklow lives in a rural area.

Strong community spirit is one of the joys of rural life, but it can be equally powerful in keeping domestic abuse hidden and in facilitating abuse. This doesn't happen knowingly or willingly, but by virtue of the nature of rural communities.

It is almost impossible to seek help in a rural community without others knowing about it, to call the Gardaí without others finding out, to share your fears in confidence without the worry that it will get back to your abuser.

Without knowing it, a community can enable the abuse, allowing the abuser to act almost with freedom. There is also evidence that abusers deliberately 'recruit' the community to their cause, which becomes a way for controlling and isolating the victim even further. This can directly affect the response provided to victims.

### Additional challenges in rural areas

Rural living may present additional problems for victims of domestic abuse, as well as for healthcare providers practicing in rural settings. For abusers, it is easier to isolate and control their victims. For victims, their experience of abuse may be made worse by the realities of rural living, including:

#### Reduced access to services

- Limited mobile network and broadband access (digital poverty)
- Limited or no public transportation
- Limited access to routine health care
- Longer response times for Gardaí and medical emergency teams

#### More dangers

- Weapons and dangerous tools more commonly available
- Road conditions, especially in poor weather

### More stresses

- Seasonal work may leave the victim 'trapped' with their abuser for long periods of time
- Economic conditions of farm life such as a single income. If a farm is the only source of income, you may not be able to secure Barring Order to keep the abuser away from the working farm. They may be barred from the family home and not the farm.

### Emotional attachments and issues

- Emotional conditions of farm life – there is usually strong ties to animals and land
- Older members of the community are less likely to travel or access services outside of their area
- Stigma and shame – there is less anonymity in a rural community so you may feel you cannot discuss or report incidents

## 9. Abuse following separation

Even after couples separate, many abusers continue the abusive behaviour by engaging in stalking campaigns. To an outsider, the stalking behaviour can sometimes look like an act of love. For example, some abusers leave notes on the car windshield, perform favours, leave flowers and other gifts, and make phone calls.

Other tactics include endless legal hearings aimed at diminishing your financial and emotional resources, or using visits with the children as opportunities to harass you further.

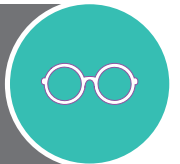
An abuser may look for ways to emotionally blackmail you by going for, or threatening to go for, custody of the children. Or they may falsely accuse you of fraudulently receiving social welfare benefits, or of neglecting the children and reporting you to Tusla.

**“Whether you have separated or are still living with the abuser, you can apply for a Domestic Violence Order. See section 10 for the legal options available to you.”**



**Harassment:** The abuser sends several emails, posts, mail orders, threats or endearing messages by texts, via social media, third parties or the children etc.

**Stalking:** The abuser shows up unannounced at the other party's resident, family home, family gatherings, workplace, gym or children's schools etc. Cyberstalking via social media or digital means. Could use third parties to stalk.



**Financial Abuse:** The abuser intentionally denies or blocks access to money, withdraws financial support for the children - education, social activities, holidays. Leaves the burden of unpaid debts - loans, credit card debts, mortgage payments etc.

**Family Court:** The abuser uses the family court to cause vexation with false allegations. Often plays the victim in the process. Uses the court order as a weapon. Makes several false allegations to the police and social services.



**Smear Campaign:** The abuser makes deliberate false allegations with malicious intent to discredit the other party's reputation or character.

**Honour Based Abuse:** Survivor/victim faces psychological pressure, rejection, humiliation from family, some friends, community and/or religious groups for leaving the abuser.



**Parental Alienation/Counter Parenting:** The abuser manipulates the children against the other parent. May disrupt contact arrangements. Often sows discord amongst siblings. Intentionally counters the other parent's actions or decisions about the children. Often condemns or criticises the other parent's disciplinary measures or routine.

## 10. Legal protections available to you

If you are experiencing Domestic Violence or Abuse, you can apply to the court for a Domestic Violence Order. All domestic abuse services have specialised court support workers to help and support you through every step of applying for an order.

This section explains the types of orders you can apply for. Basically, there are two types:

- Temporary orders which give you immediate protection. These include Protection Orders, Interim Barring Orders and Emergency Barring Orders.
- Long-term orders. These include Barring Orders and Safety Orders. Barring Orders can last up to three years if granted by the District Court and indefinitely if granted by the Circuit Court. Safety Orders can last up to five years.

### Protection order

This allows an abusive partner to remain in the home, but they may not use violence or threaten you. If the abuser does not live with you, the Protection Order may prohibit them from watching, or being near, your home. A Protection Order may also prevent them from following you or communicating (including by phone, email and social media) with you or a dependant.

### Interim Barring Order

This is similar to a Barring Order. It means the abuser may not come into your home. It may also prohibit them from watching, or being near, your home or following or communicating (including by phone, email or social media) with you or a dependant. To apply for an Interim Barring Order you must have an equal or greater interest in the property.

### An Emergency Barring Order

If you do not have equal or greater property rights, you can apply for an Emergency Barring Order if there is an immediate risk or harm to you. This is a temporary Order similar to an Interim Barring Order and means the abuser may not enter the home for 8 days.

### Safety Order

A Safety Order means an abuser can remain in the home but may not use violence or threats against you or a dependant. If the abuser is not living with you, the Safety Order may prohibit them from watching, or being near, your home. A Safety Order may also prohibit the abuser from following or communicating (including by phone, email or social media) with you or a dependant. A Safety Order made in the District Court can last for up to five years. There is no time limit on a Safety Order made in the Circuit Court.

### Barring Order

If the court grants a Barring Order, the abuser must leave the family home until the order expires. This can be for any time up to 3 years.

## 11. Applying for legal protection and going to court

### Do I have to tell the abuser that I am applying for an order?

You do not have to tell the abuser if you are applying for a Protection Order, Interim Barring Order or Emergency Barring Order and they do not have to be in court for an order to be granted. You attend the court and complete the application, you will then write the reasons why you need the order. Based on the information provided the judge will then decide whether to grant the temporary order.

If the court grants one of these orders, the judge usually tells the Gardaí to notify the abuser. The court will also post the order to the abuser along with a summons to come to court for a hearing for a Barring Order or Safety Order.

### Will the abuser get a criminal record if I apply for an order?

No. A Domestic Violence Order is a civil (not criminal) order. It is not considered a criminal record unless the order is breached.

### Will I need a solicitor?

You don't need a solicitor for a temporary order. However, we would advise to get a solicitor or legal advice when going to court for your safety or barring order hearing. You may be eligible for legal aid depending on your income.

### Do I need to contact the Gardaí?

Once you receive your temporary court order (Protection Order, Interim Barring Order or Emergency Barring Order), we recommend that you go to your local Garda Station straightaway and give them a copy. Even though the court will post a copy of the order to the Gardaí, it can take a few days to be processed.

### What do I do if the order is breached?

If the abuser does not obey the conditions in the order (for example, if they enter your home even though they are barred from entering), this is called a breach of the order. If this happens, contact the Gardaí immediately. The order clearly states the conditions that must be followed. If you are unsure if what happened is a breach, contact the Gardaí anyway, make a statement and let them decide if the order has been breached. We are available to support you throughout this process.

### What happens at the full hearing?

The hearing of an application for a Safety Order or Barring Order is held in private and only you, the respondent (the abuser), the judge and the court registrar attend. The judge may hear evidence from a third party such as a Garda, a child, or a relative or friend. However, this will only happen if they witnessed any events that are relevant to your case. Your solicitor will talk you through this process.

### What happens if the abuser does not turn up in court?

If the abuser does not attend the full hearing, the judge may hear evidence from you. If satisfied, the judge will grant an order even though the abuser is not in court. The abuser must be informed as soon as possible preferably by the Gardaí, or the court will write and tell them about the order. An order does not take effect until the abuser is told about it. Sometimes, the judge may adjourn a case to a later date.

## 12. The role of the Gardaí

**“An Garda Síochána, the Irish Police Service, takes domestic and sexual abuse seriously and is here to help.”**

Domestic abuse can take a variety of forms. It can be physical, sexual, emotional, psychological or financial. It can occur within a family or involve a current or ex-partner, regardless of gender or sexual orientation.

If you are experiencing domestic abuse, you may feel isolated and alone. You do not know who to trust or who you can confide in. It can be daunting to contact the Gardaí but if you are in danger, we want you to **call 999**.

When you call 999, a Garda in uniform will arrive at your location in a marked patrol car. They will make sure you are not in immediate danger. When they are sure you are safe, you will have time to discuss with the Garda exactly why you called.

If you are not in immediate danger and you need advice and help, you can visit your local Garda Station. A uniformed Garda will meet you and you can ask to speak with the Garda in private. They will sit down with you and ask you a number of questions. There are no right or wrong answers to these questions. We just need to get as much information as possible to make sure that you are safe and that you stay safe.



**An Garda Síochána**  
Ireland's National Police and Security Service

If there is a Domestic Violence Order in place and that order has been breached, we will arrest the person. If there is no Domestic Abuse Order in place but we suspect that an offence has been committed, we have the power to arrest the person. We will investigate all offences and take a statement from you. We may seize any item that we consider to be evidence for investigation.

The Garda you speak with will give you details of relevant support services and will follow up with you after the initial call. ([www.garda.ie/en/crime/domestic-abuse/domestic-abuse.html](http://www.garda.ie/en/crime/domestic-abuse/domestic-abuse.html), 2021)

We as Domestic Violence Practitioners always encourage you to get the names of the Gardaí that come to your home. This will help you at a later date if you need to contact them about anything. If you are reporting a crime or a breach of a Domestic Violence Order, we are here to help and support you through that process.

## 13. The role of Tusla, the Child and Family Agency

We know that many people with children are afraid to reach out for help if they are in an abusive relationship because they fear that Tusla will take their children away from them. We hope the information below will help you understand the role of Tusla in domestic abuse cases.

Usually, the initial referral to Tusla is made by the Gardaí after they have been called to an incident where a child or children are present.

When we receive a referral, our first concern is the immediate safety of the child.

One of our social workers will work with the family to come up with the best plan to keep the child or young person safe. For example, the plan might involve putting together a list of extended family members or friends who you or the children (if they are old enough) can call to talk about any worries. Or the plan might involve making arrangements to go to a place of safety if an incident happens.

The social worker will also talk with the abuser to help them identify what triggers the abusive behaviour and what they can do to stop themselves engaging in abusive behaviours.

Social workers also help families to access necessary services including counselling, domestic violence support services and legal services.

There are currently Domestic Violence Practitioners working within Tusla in Co Wicklow to provide help and support to you.

**TUSLA**

An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency



## Some words explained...

### Gaslighting

a type of psychological abuse where somebody uses lies or tricks to make another person doubt their memory and mental health. Gaslighting can be anything from an abusive person insisting that the abuse never happened, to setting up strange incidents to confuse the victim

### Isolation

monitoring or blocking your phone calls, emails and social media accounts; telling you where you can and cannot go; preventing you from seeing friends and relatives; shutting you in the house

### Harassment

following you; checking up on you; not allowing you any privacy (for example, opening your mail, going through your laptop, tablet or mobile), repeatedly checking to see who has phoned you; embarrassing you in public; accompanying you everywhere you go

### Threats

making angry gestures; using physical size to intimidate; shouting you down; destroying your possessions; breaking things; punching walls; wielding a knife or a gun; threatening to kill or harm you and the children; threatening to kill or harm family pets; threats of suicide

### Stalking

a pattern of repeated unwanted behaviour that causes you to feel distressed or scared. It can be perpetrated by men or women. Stalking can happen with or without fear of violence. Common tactics include leaving frequent messages, waiting in areas you are likely to be, and giving unwanted gifts

## 14. Wicklow domestic abuse support services

If you need support, please contact any of the services below.

### ANU Wicklow Domestic Violence Supports

**Call or text 086 059 7560 between 9am and 5pm Monday to Friday**

[www.anuwicklow.ie](http://www.anuwicklow.ie)

[outreach@braywomensrefuge.com](mailto:outreach@braywomensrefuge.com)

ANU Wicklow Domestic Violence Supports offers a community-based service to help women experiencing domestic abuse to access the supports they need to stay safe in their own home. Our outreach team covers most of County Wicklow from Bray to Arklow, Wicklow to Carnew and all areas in between.

We offer:

- Emotional support to women who have experienced or are experiencing physical, emotional, sexual or financial abuse;
- Domestic Violence Awareness programmes
- Safety Planning
- A support team to help you apply for legal orders, get legal aid, prepare for court and go to court with you;
- Support in dealing with Gardaí, solicitors, social workers and legal personnel;
- Support after you get your court order.

### Bray Womens Refuge

**24-hour helpline: 01 286 6163**

Short-term crisis accommodation for women.

Our refuge is staffed 24 hours a day, 365 days a year.

Day service providing one-to-one support sessions by appointment.



## Saoirse Domestic Violence Services

**24-hour helpline: 01-463 0000**

**WhatsApp: 087 104 9863 between 9am and 5pm**

**Instant message: @saoirse\_dvs**

**helpline@sdvs.ie / outreach@sdvs.ie**

Saoirse Domestic Violence Services provides a comprehensive service to women and children experiencing psychological, physical, sexual or financial abuse.

Saoirse Services:

- 24-hour helpline providing support and a listening non-judgemental ear 01 463 0000
- Short-term crisis accommodation for women and children

- Our refuges are staffed 24 hours a day, 365 days a year
- Day service providing one-to-one support sessions by appointment
- Therapeutic playroom on site with qualified childcare workers to support resident children
- Outreach service providing support, practical help and court accompaniment for women who cannot or do not want to come to the refuge. Our outreach service covers Dublin 10 and 12, Southwest Dublin and West Wicklow.
- Information talks and workshops on domestic violence for groups and schools
- Customised training programmes in domestic violence for statutory and non-statutory organisations



## TUSLA Domestic Violence Support Practitioner

**Building 2, Vista Primary Care Centre, Ballymore Rd., Naas, Co Kildare**

**353 (0) 45 839 300 / 086 027 3556**

**niamhm.harney@tusla.ie**

The Tusla Domestic Violence Support Practitioner covers West Wicklow, Kildare and Dublin South West. The domestic violence support team works closely with the Tusla social work department and voluntary and community organisations to respond directly to domestic violence referrals.

Women can access support whether or not there is social worker involvement.

We accept referrals from Tusla social workers, Prevention Partnership Family Support, community organisations and women themselves.

The Domestic Violence Support Practitioner offers:

- One-to-one support Meeting the woman where she is at in the relationship
- Information on court orders and court support services
- Liaison with refuges and other domestic violence services
- Advocacy work
- Safety planning
- Support at child protection conferences and other Tusla meetings
- Support through the Meitheal process
- Access to a range of supports from Prevention, Partnership & Family Support
- Referral to other services
- Information about community supports
- Support to professionals working with women who have experienced domestic violence or abuse
- Facilitation of the domestic violence support group 'Strength in Numbers'

## 15. Women's refuges and 24-hour helplines

County	Refuge	Phone
Clare	<b>Clare Haven Service</b>	065 682 2435
Cork	<b>Good Shepherd Cork</b>	021 427 4240
Cork	<b>Cuanlee Refuge</b>	021 427 7 698
Dublin	<b>Saoirse Domestic Violence Services</b>	01 463 0000
Dublin	<b>Sonas Domestic Violence Charity</b>	01 866 2015
Dublin	<b>Aoibhneas Domestic Abuse Support for Women and Children</b>	01 867 0701
Galway	<b>COPE Galway Domestic Abuse Service</b>	091 565 985
Kerry	<b>Adapt Kerry Women's Refuge and Support Service</b>	066 712 9100
Kildare	<b>Teach Tearmainn</b>	045 527 584
Kilkenny	<b>AMBER, Kilkenny Women's Refuge</b>	1850 424 244
Limerick	<b>ADAPT Domestic Abuse Services</b>	1800 200 504
Louth	<b>Women's Aid Dundalk</b>	042 933 3244
Louth	<b>Drogheda Women's Refuge</b>	041 984 4550
Mayo	<b>Mayo Women's Support Service</b>	094 902 5409
Meath	<b>Meath Women's Refuge</b>	046 902 2393
Tipperary	<b>Cuan Saor Women's Refuge</b>	1800 576 757
Waterford	<b>Oasis House Refuge</b>	1890 264 364
Westmeath	<b>Esker House Refuge</b>	090 647 4122
Wexford	<b>Wexford Women's Refuge</b>	1800 220 444
Wicklow	<b>Bray Women's Refuge</b>	01 286 6163

## 16. Other supports

### Pavee Point Traveller and Roma Centre

01 878 0255

[www.paveepoint.ie](http://www.paveepoint.ie)

[bridgie.collins@pavee.ie](mailto:bridgie.collins@pavee.ie) / [laura.pohjolainen@pavee.ie](mailto:laura.pohjolainen@pavee.ie)

As part of this project, a dedicated Traveller Women's Awareness Worker (TAWW) works with local service providers and Traveller organisations and community. The TAWW is not a specialist domestic or sexual violence outreach worker but can support Traveller women by listening, believing and referring to specialist services.

### Dublin Rape Crisis Centre

1800 77 8888

[www.drcc.ie](http://www.drcc.ie)

[info@rcc.ie](mailto:info@rcc.ie)

Dublin Rape Crisis Centre is a national organisation offering a wide range of services to any person affected by rape, sexual assault, sexual harassment or childhood sexual abuse.

Our Service is primarily for adults but a limited crisis counselling service is available to 16 to 18 year olds with parental consent.

These services include:

- the National 24 hour helpline
- webchat support
- one to one counselling

- court accompaniment
- outreach services
- specialised training
- youth programmes & outreach
- awareness raising & campaigning
- policy & advocacy work

Our aim is to offer help and support to anyone who has experienced sexual violence of any kind. This may have been recently, some years ago or in childhood.

We take calls from people of all ages, creeds, ethnic groups and orientations. Our counsellors will also speak with friends, relatives and concerned persons as well as take general queries.

Here in the Dublin Rape Crisis Centre we acknowledge it takes courage to phone or to call into the centre for the first time and we assure you that if you contact us you will be treated with dignity and respect.

## Sexual Assault Treatment Unit (SATU)

01 817 1736 or 01 817 1700 outside of office hours

[rotunda.ie/satu](http://rotunda.ie/satu)

[www2.hse.ie/services/sexual-assault-treatment-units/sexual-assault-treatment-units.html](http://www2.hse.ie/services/sexual-assault-treatment-units/sexual-assault-treatment-units.html)

[satu@rotunda.ie](mailto:satu@rotunda.ie)

SATU provides an easily accessible, holistic service for women and men who have experienced sexual crime. A SATU is a safe place to go if you have been raped or sexually assaulted.

At the Rotunda SATU you will meet a forensic clinical examiner and a support nurse. Their role is to provide prompt you with medical and supportive care and offer collection of forensic evidence.

Types of care offered at the SATU include:

- Forensic clinical examination with Garda involvement
- Forensic clinical examination with option to report to Gardai at later date
- Sexual health screening
- Administration of medications e.g. vaccinations and emergency contraception
- Link to psychological support from Dublin Rape Crisis Centre and CARI

The SATU network throughout Ireland look after all genders and gender identities over the age of 14. They provide all treatment in a non-judgemental manner and work closely with support workers from both the RCC and CARI.

## Men's Aid

01 554 3811

[www.mensaid.ie](http://www.mensaid.ie)

[hello@mensaid.ie](mailto:hello@mensaid.ie)

Men's Aid Ireland formerly known as Amen, is the only dedicated national service supporting men and their families experiencing Domestic Violence in Ireland. Our professional and qualified support team have years of experience in supporting men and families experiencing domestic abuse.

Men's Aid provide the following services:

- National Confidential Helpline 015543811
- Legal clinic: information about Safety Orders, Protection Orders, Barring Orders.
- One to one practical support: explaining court paperwork, safety planning, care plans.
- Counselling by telephone and face to face
- Certified training: all areas of domestic abuse including coercive control.

## 17. Garda stations and phone numbers

Station	Phone Number
<b>Wicklow District</b>	(0404) 67107
<b>Greystones</b>	(01) 666 5800
<b>Roundwood</b>	(01) 281 8142
<b>Newtownmountkenedy Garda Station</b>	(01) 281 9222
<b>Bray Garda Station</b>	(01) 666 5300
<b>Ashford Garda Station</b>	(0404) 49220
<b>Rathdrum Garda Station</b>	(0404) 46206
<b>Arklow Garda Station</b>	(0402) 32304
<b>Blessington Garda Station</b>	(045) 865 202
<b>Aughrim Garda Station</b>	(0402) 36142
<b>Tinahely Garda Station</b>	(0402) 38102
<b>Carnew Garda Station</b>	(053) 942 6102
<b>Shillelagh Garda Station</b>	(053) 942 9102
<b>Dunlavin Garda Station</b>	(045) 401 211
<b>Baltinglass Garda Station</b>	(059) 648 2610

PLEASE NOTE: some of the Garda Stations listed above may operate on a part-time basis only.



We hope you found this  
Resource helpful!



