



County Mayo

Domestic Abuse Resource Pack

Domestic Abuse is Everyone's Business



TÚSLA

An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



Mayo



Table of

Contents

Acknowledgements	3
Domestic Violence and Abuse Statistics	4
Background and Rationale	5
What is Domestic Violence and Abuse?	6
Domestic Abuse Terms and Phrases	7
The Power and Control Wheel	8
The Post Separation and Abuse Wheel	9
Coercive Control	10
Kid's Coercive Control Web	11
Effects of Domestic Violence and Abuse:	12
Domestic Violence and Abuse Legislation	13
Why one may be entrapped and remain in an abusive relationship	15
How to recognise Domestic Abuse – Information for professionals	16
Supports Available in Co. Mayo for Children and Young People who have been affected by Domestic Violence and Abuse	18
National Support Services	25
Directory	28
Appendix 1- Biderman's Chart of Coercion	32
Glossary of terms	33



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October 2025

“Domestic Violence” and Abuse Statistics



23,566
contacts with the
24hr National Freephone Helpline
(20,905 calls responded to)

1,808
Instant Message
support sessions;

853
Helpline Emails
responded to.

**Outreach team
engagement of**
1,399
support visit contacts with
389
women in total during 2022,

There were
1,860
support calls/texts
with women
(Women's Aid, 2023).

Nine out of ten
of the young women who were abused
experienced emotional abuse
(Women's Aid, 2021).

51% of **young women** affected experienced
the abuse under the age of 18

of the young women who had suffered abuse,
1 in 2 experienced online abuse.
(Women's Aid, 2022)



Background and Rationale



**IF YOU ARE IN IMMEDIATE DANGER
PLEASE CALL 999/112
WITHOUT DELAY**

Mayo Children and Young People Services Committee have gathered anecdotal evidence through their member's discussions and interface experiences with families, which suggest that domestic violence and abuse is a real issue in Co. Mayo.

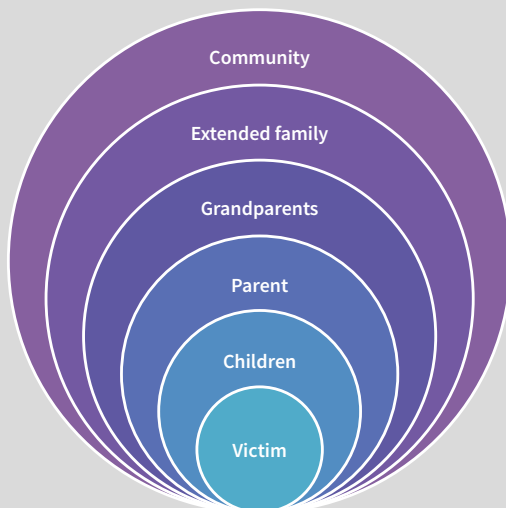
Violence and abuse significantly impact adult and child victims. Children can witness domestic abuse and be subjected to forms of domestic violence and abuse and coercive control. It can have a fundamental impact on parenting¹, and the extended family. This impact is seen in daily practice for many professionals working with children and their families.

The issue is prevalent, pertinent, and complex. Rural issues bring additional challenges, including

the lack of access to transport, poor infrastructure, and fears regarding knowing those providing support services. It requires a multifaceted approach and seamless collaborative response. Access to services must be clearly sign-posted for the child and family in order that the most appropriate service is provided at the correct level of need.

The purpose of this resource pack is to assist professionals working with children and families with key messages and knowledge around appropriate services and resources available in Co. Mayo. It is essential that we can recognise and respond in the best way by knowing local resources for seamless referral.

¹ Watson & Parsons, 2005



What is

Domestic Violence and Abuse?



Domestic violence refers to the use of physical or emotional force or threat of physical force, including sexual violence, in close adult relationships (National Taskforce on Violence Against Women, 1997). This includes violence perpetrated by a spouse, partner, son, daughter, or any other person who has a close or blood relationship with the victim. The term 'Domestic Violence' goes beyond actual physical violence. It can also involve emotional abuse such as the destruction of property, isolation from friends, family and other potential sources of support, threats to others including children; stalking, and control over access to money, personal items, food, transportation, the telephone, internet, and social media (HSE Policy on Domestic, Sexual and Gender based Violence, 2010).²

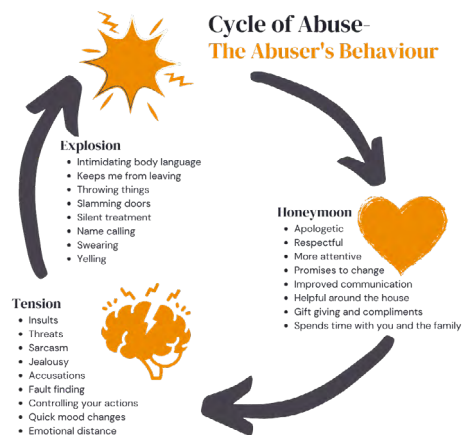
The Domestic Violence Act 2018 has provided for a new criminal offence of coercive control. This is psychological abuse in an intimate relationship that causes fear of violence, or serious alarm or distress that has a substantial adverse impact on a person's day-to-day activities (Domestic Violence Act 2018).³

In most situations, the abuser uses a range of abusive behaviours to gain and ensure power and control over the other person and these abusive actions often get worse over time. In most cases women are the victims of Domestic Abuse and male partners (husbands, boyfriends or ex's) the perpetrators. Domestic Abuse can however also occur between family members, between same sex couples and be perpetrated by women against men.

Domestic Abuse has not been defined in Irish legislation. The policy of An Garda Síochána on Domestic Abuse Intervention 2017 (developed in consultation with the Director of Public Prosecutions) defines domestic abuse as the 'physical, sexual, financial, emotional or psychological abuse of one person against another who is a family member or is or has been an intimate partner, regardless of the gender or sexuality'.⁴

Domestic Abuse tends to follow three phases:

Once abuse has begun, it not only continues, but over time tends to increase in both frequency and severity. As the abuse continues, the three-phase cycle begins to deteriorate. The tension-building phase becomes shorter and more intense, the violent / battering incidents become more frequent and severe, and the reconciliation periods become shorter and less intense. This results in a victim becoming more vulnerable over time.⁵



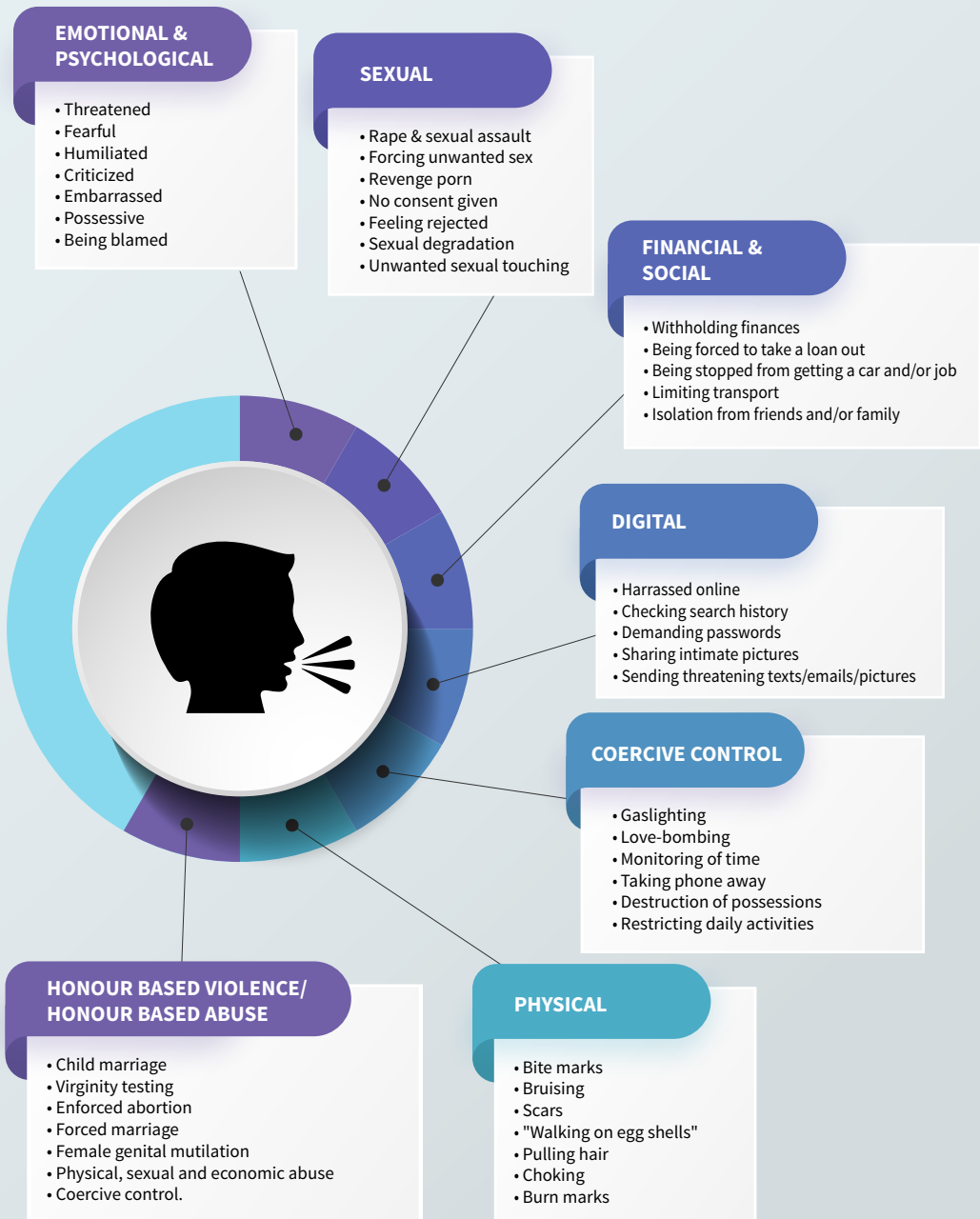
² Community Response to Domestic Abuse, Western Regional Network

³ Domestic Abuse NAP 2017 Tusla

⁴ An Garda Síochána (2017) Domestic Abuse Intervention Policy 2017

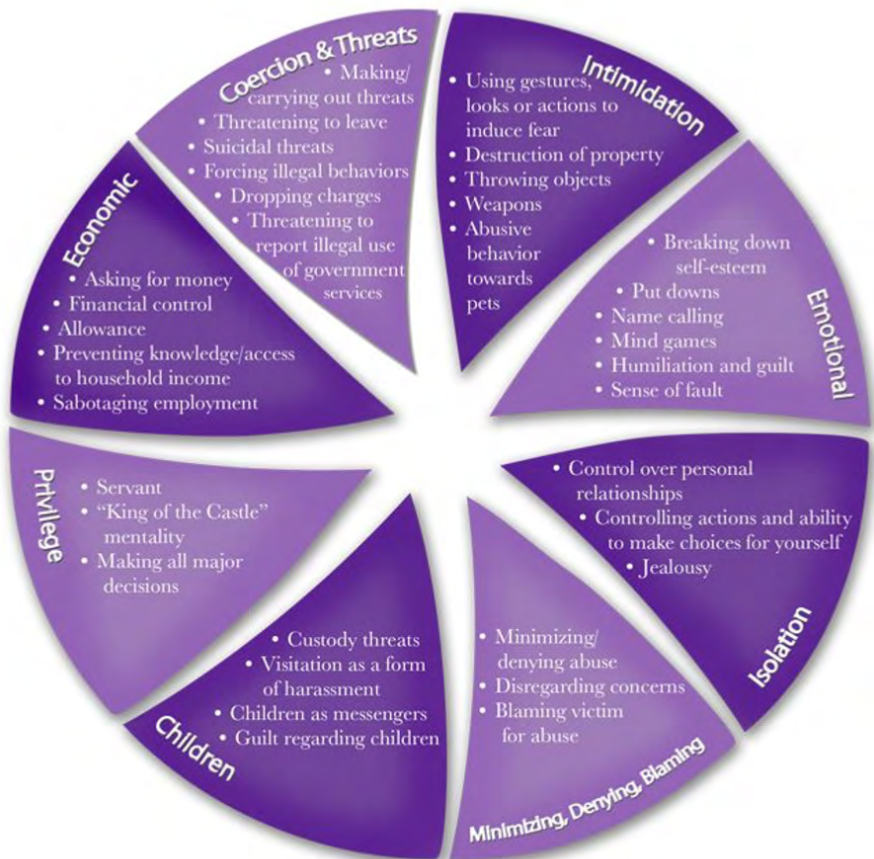
⁵ Domestic Abuse NAP 2017 Tusla

Domestic Abuse Terms and Phrases



The Power and Control Wheel

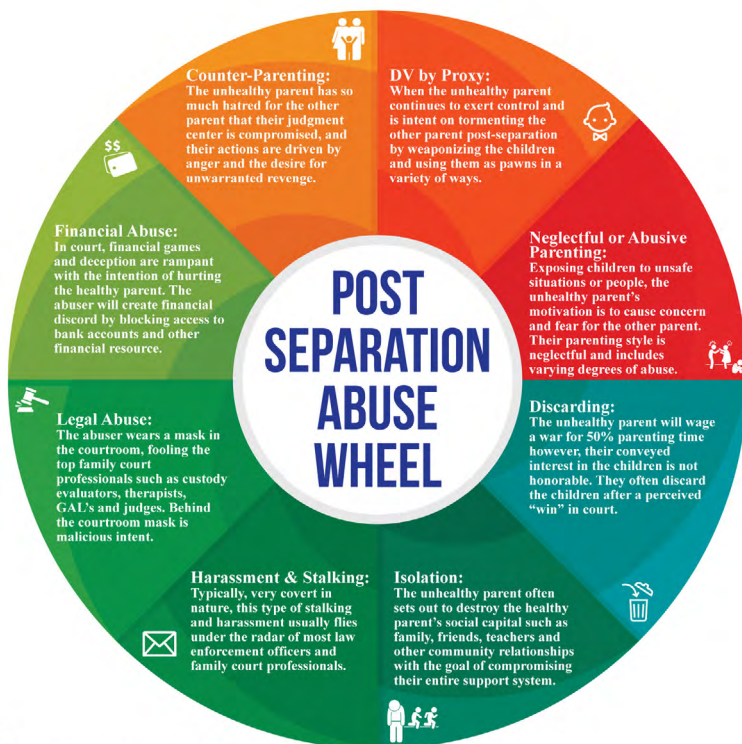
Every relationship is unique but the common thread in abusive and violent relationships is the power a perpetrator exerts over their target. Below is an example of the power and control wheel, which provides more details on how this happens⁶.



⁶ The Laurel Center, <https://thelaurelcenter.org/power-control-wheels/>

The Post Separation and Abuse Wheel

After an abusive relationship has ended, often the targeted person experiences on-going violence and abuse. This is known as post separation abuse and below are more details on how this happens⁷.



For more information on Post-Separation Abuse, go to www.onemomsbattle.com

⁷ One Mom's Battle, 2023. <https://www.onemomsbattle.com/blog/post-separation-abuse>

Coercive Control



Coercive control is when a partner or ex-partner:

- Isolates you from your friends and family
- Deprives you of basic everyday needs like food, electricity or heating
- Monitors your online activity, or has installed spyware on your phone, laptop or any other device
- Takes control over aspects of your everyday life, such as where you can go, who you can see, what to wear, when to be home and when you can sleep
- Stops you from accessing support services, such as specialist support or medical services
- Puts you down repeatedly, for example, tells you that you're worthless
- Enforces rules and activities that humiliate, degrade or dehumanise you
- Coerces you into sexual activity
- Forces you to take part in criminal activity such as shoplifting
- Controls the finances and prevents you from working or having your own money
- Threatens to reveal or publish private information about you, like private photos or videos online⁸.



⁸ Women's Aid, <https://www.womensaid.ie/what-is-a-buse/types-of-abuse/coercive-control/>

Barnardos has developed the “Kids’ Coercive Control Web” as a way of demonstrating how aspects of coercive control affect children.



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

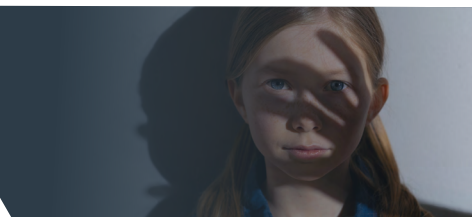
- Bed wetting/nightmares/flashbacks
- Stress-related illness (skin conditions etc)
- Eating difficulties
- Attachment issues
- School refusal
- Low self-esteem
- Anxiety
- Isolation amongst peers
- Self-harm
- Suicide
- Anger issues



FAMILY / RELATIONSHIPS

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

Domestic Violence & Abuse Legislation



There are a number of ways a person can seek legal protection if they are experiencing domestic violence and abuse. These include:

Safety Order

This is a long-term order that prohibits certain behaviours by the respondent (perpetrator) such as using or threatening to use violence or causing fear to the applicant (victim). Can be granted for any period up to five years.

Protection Order

This is a short term Safety Order and only lasts until the hearing for Safety or Barring Order.

Barring Order

The effects of the Barring order are similar to that of a Safety Order but the abusive person must leave the home and is granted for any period up to three years.

Interim Barring Order

This is a temporary Barring order and is only granted in exceptional circumstances. It only lasts until the full court hearing for the Barring Order is heard a maximum of 8 days.

Emergency barring order

An emergency barring order is a temporary order similar to an interim barring order, meaning that the violent person is excluded from the home. The order may also prohibit the person from further violence or threats of violence, watching or being near the applicants home, or following or communicating (including electronically) with the applicant or a dependent person.

Unlike an interim barring order, the applicant does not have to satisfy the property test to be able to get an emergency barring order. This means the applicant does not need to own, co-own or have their name on the lease of the property. An emergency barring order can last for a maximum of 8 working days.

Who can apply for these Orders?

- Spouses/civil partners.
- Parents with a child in common.
- Partners in an intimate relationship (including cohabitants and dating partners).
- Cohabiters who satisfy certain cohabitation/property requirements.
- Parents when the abuser is a non-dependent child who satisfy the property test.
- Persons residing with the respondent in a non-contractual relationship i.e. brother and sister⁹.

Domestic Violence leave was introduced into law as part of the **Work Life Balance Act 2023**. It allows for the employee to receive 5 days leave and full pay.

The Harassment, Harmful Communications and Related Offences Act 2020 amends the law relating to harassment, creates new offences to deal with the non-consensual distribution of intimate images, both online and offline, and provides anonymity for the victims of those offences



An Ghníomhaireacht um Fhoréigean Baile, Gnéasach agus Inscnebhunaithe, or Cuan, is a statutory agency under the remit of the Department of Justice dedicated to tackling and reducing domestic, sexual and gender-based violence (DSGBV).

The main functions of Cuan include:

- delivering excellent services to victims of DSGBV, including delivering on the number of safe and accessible accommodation spaces available, as well as ensuring that helpline and other supports are available to anyone requiring them
- putting in place a robust set of national service standards and governance arrangements to ensure adherence to the appropriate standards for such supports
- leading on consistent and ongoing research to inform DSGBV policy development, working with others such as the CSO who have data projects underway
- leading on awareness-raising campaigns designed to reduce the incidence of DSGBV in Irish society as well as ensuring that all victims know how to access the supports they require
- coordinating all government actions set out in the Third National Strategy and reporting on their delivery to the Minister for Justice. Political oversight of the strategy will be provided by the Cabinet Committee on Social Affairs and Equality

Legislation to establish Cuan completed its journey through the Houses of the Oireachtas on 22 November and was signed into law by President Higgins on 28 November 2023.



⁹ Source Roscommon Safe Link

Why one may be entrapped and remain in an abusive relationship

Many of the abusive and controlling behaviours of the perpetrator can lead to the victim becoming entrapped in a relationship. The following infographic explains why one may be entrapped and remain in an abusive relationship. Biderman's Chart of Coercion gives an understanding of the impact of coercive behaviours. It shows professionals how to name and identify abusive behaviours and support victims to understand how they are entrapped. It is presented in Appendix 1



Biderman's Chart of Coercion

Domestic Abuse

- Information for Professionals

Professionals working with children and families need to be able to recognise the signs of Domestic Violence and Abuse, in order to respond in the best way. They also need to have knowledge of their agencies policies and procedures regarding Domestic Violence and Abuse, and awareness of local support services.

The following information is important for professionals in terms of recognition and responses:

Recognise Signs:

- Person might be afraid of their partner
- There may be talk about the persons temper, anger or possessiveness
- There may be bruising or injury with the excuse of an accident
- The victim may have history of alcohol use or substance misuse
- They may be accompanied by the partner
- Have erratic attendance at work, college, or appointments
- Seem controlled and stopped from seeing family and friends

Response:

Victims of Domestic abuse are not likely to disclose information about their experience unless directly asked. When a person discloses that he/she has experienced Domestic violence or abuse this indicates that they trust and value the professional/ persons help and advice.

Asking about Domestic violence or abuse.

When supporting someone who may be experiencing domestic violence or abuse, it's crucial to ask questions sensitively and in a safe, private environment. Victims are often relieved when someone asks direct questions in a safe way.

Here are some key questions professionals can ask:

1. General Well-being:

- How are you feeling today?
- Is there anything you'd like to talk about?

2. Relationship Dynamics:

- How are things at home?
- Can you tell me about your relationship with [partner's name]?

3. Specific Incidents:

- Have you ever felt afraid of your partner?
- Has your partner ever hurt you or threatened to hurt you?
- Does your partner ever humiliate you or put you down?

4. Control and Coercion:

- Does your partner control what you do, who you see, or where you go?
- Do you feel you have to ask for permission to do things?

5. Support and Safety:

- Do you have someone you can talk to about this?
- What do you think would help you feel safer?

6. Children and Dependents:

- Are your children (if any) aware of what's happening?
- How are your children coping?



Remember:

- Confidence is key
- Listen and be supportive but not judgemental
- Assure the person that no-one deserves to be abused despite what the perpetrator says
- Remind the person that being violent is against the law
- Provide accurate local information on services available and how to access them
- Respect their decisions and let them know you are there to support them
- Document the conversation as part of your professional system
- The most dangerous time for a victim of Domestic Abuse is when he/she is just about to leave
- The victim is the best placed to assess their own risk

Organisations should make their work environment a safe space for the victim of Domestic violence and abuse in the following suggested ways:

- Display posters, brochures, and information on local, regional, and national Domestic Abuse services
- Put information into toilets so that victims can discreetly pick it up
- Provide training to staff regarding Domestic Abuse service provision and training on how to respond to a disclosure of Domestic Abuse.

The infographic below provides a useful summary of advocate responsibilities:

Domestic Violence Victim Advocate Responsibilities



Provide crisis intervention and support



Provide economic security assistance including housing



Explain victims' rights in legal system



Help navigate social assistance systems



Refer to counseling resources, support groups



Serve as police or court liaison

Source: National Sexual Violence Resource Center



Supports in Co. Mayo for people who have been affected by Domestic Violence and Abuse

Safe Ireland Mayo	
Telephone:	(094) 9025409
Mobile:	(087) 6569672
Website:	www.safeireland.ie
Email:	admin1@safeireland.ie

Safe Ireland Mayo provide a range of specialised emotional and practical supports to women and children experiencing domestic abuse and coercive control.

Safe Ireland Mayo offers a range of confidential and non-judgmental services including:

- Self-contained refuge accommodation
- 24/7 Phone Support Service
- Outreach Service
- Court Accompaniment
- Advocacy
- Children and Young People Support Services



Mayo Local Authority Integration Team	
Telephone:	094 906 4660
Website:	https://www.mayo.ie/community/integration/lait
Email:	integration@mayococo.ie

The Local Authority Integration Team aims to support people new to Mayo to integrate into Ireland. We guide people to access services they require to integrate into the community.

We work with

- Applicants for International Protection
- Those with Refugee status, Subsidiary Protection, or Permission to Remain
- Programme Refugees
- Beneficiaries of Temporary Protection

The Integration Team acts as the direct point of contact to provide information, guidance and advice. We provide signposting to services to help gain access to employment and training, to learn English, to access family supports, domestic abuse supports, childcare and healthcare services and to connect to sporting, voluntary or any other community activities.



Mayo Rape Crisis Centre

Telephone: 1800 234 900

Email: info@mrcc.ie

Website: www.mrcc.ie

Mayo Rape Crisis Centre exists to prevent and respond to the crimes of rape, sexual abuse and sexual violence.

- At Mayo Rape Crisis Centre, you can get help, advice and support if you have been recently assaulted.
- Our recently updated Disclosure Training, developed by Rape Crisis Network Ireland (RCNI) aims to help people know how to respond appropriately and with compassion when someone discloses an experience of sexual violence.
- We work at a local level to raise awareness and challenge perceptions about the causes and impact of sexual violence.
- We offer professional, specialised one-to-one counselling to anyone who has experienced any form of sexual violence.
- Sexual Assault Treatment Units (SATU) provide specialist care for women and men aged 14 years and over who have recently been sexually assaulted or raped. The specialist team of SATU staff provide easily accessible, holistic services which address the medical, psychological and emotional needs and appropriate follow-up care for victims of sexual crime, in a supportive, sensitive manner.
- Legal Support - if you would like to find out what reporting a crime of sexual violence would involve and talk it through, we can help you with this.
- Mayo Rape Crisis Centre also offers free, confidential and specialised information and support sessions for partners, family members and friends so that they may better support survivors.



**IF YOU ARE IN IMMEDIATE DANGER
PLEASE CALL 999/112
WITHOUT DELAY**

An Garda Síochána

Garda Station	Telephone
Castlereagh Garda Station	(094) 90 38200
Claremorris Garda Station	(094) 93 72080
Westport Garda Station	(098) 50230
Ballina Garda Station	(098) 20550
Swinford Garda Station	(094) 92 52990
Belmullet Garda Station	(097) 81910
Website	www.garda.ie

The website of An Garda Síochána provides the following advice in relation to Domestic violence and abuse (www.garda.ie/en/crime/domestic-abuse)

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

We know that if you are experiencing domestic abuse, you can feel isolated and alone. You do not know who to trust or who you can confide in. It can be daunting contacting 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 ensure that you are not in immediate danger. When you are safe, you will have the time to discuss with the Garda exactly why you called.

If you are not in immediate danger and you require advice and assistance, you can visit your local Garda Station. There you will be met by a uniformed Garda. You can ask to speak with the Garda in private. They may 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 find out as much information as possible to ensure that you are safe and that you stay safe.

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 Violence 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 conduct an in- person call back within 7 days. The Gardai will make further call backs if appropriate within one month and three months after the incident/initial call.



DOMESTIC ABUSE AN GARDA SÍOCHÁNA

You are not alone.
We are here to listen.
We are here to help.



For more information on
domestic abuse visit garda.ie
or scan the QR code below



If you need help or are in
immediate danger or require
Gardaí, dial 999 or 112.

Mayo Family Resource Centres

Ballina Family Resource Centre	Tel: 096 75573 Email: admin@ballinafrc.com
Tacu Family Resource Centre, Ballinrobe	Tel: 094 9542908 Email: tacucoordinator@gmail.com
Nearth Amhnais Family Resource Centre, Ballyhaunis	Tel: 094 9630031 Email: tracey@ballyhaunisfrc.ie
Le Cheile Family Resource Centre, Castlebar	Tel: 094 9025126 Email: info@castlebarfrc.com
Claremorris Family Resource Centre	Tel: 094 9377838 Email: info@claremorrisfrc.ie
Cáirdeas Kilmovee Family Resource Centre	Tel: 094 9649814 Email: frc@kilmovee
Westport Family Resource Centre	Tel: 09824419 Email: admin@westportfrc.ie

Family Resource Centres provide a range of universal and targeted services and development opportunities that address the needs of families. They operate an 'open door' policy, and provide the following services and programmes:

- a listening ear and signposting to families affected by domestic abuse
- ensure that families know how to access the specialist help they require at such a difficult time
- social supports such as weekly women's groups and children's groups, including the Rainbows Programme
- parenting programmes such as the Parenting When Separated Programme
- a variety of bespoke social and fun groups weekly throughout the year.
- camps during school holiday periods providing a safe outlet for children to have fun, build social relationships and resilience.
- Some FRCs offer play therapy sessions to children
- Some FRCs offer afterschool supports

Tusla Child and Family Agency Social Work – Mayo

Duty Social Worker: 094 9049137

Website: www.tusla.ie

Social workers provide frontline services to children and families. Duty Social Workers deal mainly with urgent difficulties with children and young people, and child protection matters.

A concern about a potential risk to children posed by a specific person, even if the children are unidentifiable, should be communicated to your local Duty Social Worker. These include concerns that a child may be at risk of physical, emotional, or sexual abuse or neglect.

In terms of Domestic Abuse, Tusla in Mayo have a Domestic Violence Liaison officer on the Duty Child Protection Team. The purpose of this role is to contribute and enhance responses to child protection and welfare referrals to Tusla where domestic violence and abuse is a concern.

In addition, there is a joint working protocol for An Garda Síochána/Tusla Child & Family Agency was introduced into practice to ensure that:

- The safety and welfare of the child is promoted.
- Everything possible is done to assist the criminal investigation.
- Everything possible is done to assist the child protection and welfare assessment.
- There is an effective flow of relevant information between both agencies.
- Decisions and actions follow consultation with and between both agencies.

Castlebar Law and Family Mediation Centre

Address: 1st Floor, Cavendish House
Hopkins Road, Castlebar
Co. Mayo, F23 PX44

Telephone: (094) 902 4334

lawcentrecastlebar@legalaiddboard.ie

The Legal Aid Board provides a legal aid and advice service to those who qualify. Its family mediation service provides a mediation service to families at no cost.


Cúram Family Centre Claremorris

Telephone: 094 9362096

Email: office@curamclaremorris.ie

Address: D'Alton St, Claremorris, Co. Mayo

Family and Community Centre offering supports and services to individuals, families and groups in the local community.

ISPCC Mayo		 Here For Every Child
Telephone:	094 92 25254	
Email:	mayo@ispcc.ie	
Address:	Unit 14C, N5 Business Park, Moneen Road, Castlebar, Co. Mayo F23 X365	
ISPCC Mayo are dedicated to enhancing the lives of children and young people.		

Erris Family & Community Support Centre	
Telephone:	087 067 0989
Email:	coordinator@errisfsc.ie
Address:	c/o Irish Wheelchair Centre, Logmore, Belmullet, Co. Mayo
Providing a range of support services to the local community, including supports for families, in the Erris area.	

Citizens Information Centres Mayo	
Website	https://centres.citizensinformation.ie/county.php?county=mayo
You can drop into your local centre or contact it by phone and email for information, advice and advocacy.	
<p>Ballina – Dillon Terrace, Ballina, F26W218 Phone: 0818 07 5990 Email: ballina@citinfo.ie</p> <p>Belmullet - Main Street, Belmullet, F26 N8C3 Phone: 0818 07 6030 Email: belmullet@citinfo.ie</p> <p>Castlebar - Cavendish House, Hopkins Road, Castlebar, F23PX44 Phone: 0818 07 6040 Email: castlebar@citinfo.ie</p> <p>Claremorris – CURAM Centre, Dalton Street, Claremorris, F12F6C5 Phone: 0818 07 6080 Email: claremorris@citinfo.ie</p> <p>Westport - The Courtyard, James Street, Westport, F28 X052 Phone: 0818 07 6100 Email: westport@citinfo.ie</p>	



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PLEASE CALL 999/112
WITHOUT DELAY**

Mindsight Mayo	
Telephone:	0949067001
Text:	0861844995
Email:	info@mindspace mayo.ie
Further information is available from website:	www.mindspace mayo.ie
<p>Mindsight Mayo is a free and confidential mental health support service for young people aged 12–25</p> <p>The centre in the Market Square, Castlebar provides a welcoming space for young people to call in, get information or have a chat one-to-one with a support worker. If a young person wants support, staff are there to listen, without making judgements, and to provide supportive guidance. Along with the hub in Castlebar there are two outreach centres located in Erris and Ballina.</p> <p>Mindsight Mayo - Main Office:</p> <p>Market Square, Castlebar.</p> <p>Outreach:</p> <p>Erris - Irish Wheelchair Association, 1 College Park, Belmullet</p> <p>Ballina – Ballina Family Resource Centre, Abbey St, Ballina</p>	

Mayo Court Services	
Telephone:	094 904 3800
Email:	castlebarcourtoffice@courts.ie
Mayo Court Clerk - Castlebar Courthouse, The Mall, Castlebar, Co. Mayo.	

National Support Services

Women's Aid

Telephone: 01 678 8858

Website: <https://www.womensaid.ie>

Email: info@womensaid.ie

The Women's Aid 24hr National Freephone Helpline offers confidential information, support and understanding to women in the Republic of Ireland, who are being abused by current or former boyfriends, partners, or husbands.

The service also supports family members, friends, and professionals who have concerns about a person, they know or are working with, who might be experiencing domestic violence and abuse. The Helpline provides support to callers where English is not their first language, through our Language Line facility (operational daily, 8am-8pm) and for women who are deaf or hard of hearing through its Text Service facility (operational daily, 8am-8pm).

The Helpline aims to empower women to identify what is happening for them within their relationship and support them to stay safe and support the safety of any children living within the relationship. The Helpline aims to always ensure that the responsibility for the abuse is placed firmly with the perpetrator of the abuse and not with the woman.

Men's Aid

Telephone: 01-5543811

Website: <https://www.mensaid.ie>

Email: hello@mensaid.ie

Men's Aid Ireland formerly known as Amen, supports men and their families experiencing Domestic Violence in Ireland. A 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 – 01 554 3811
- 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
- Counselling – Face to Face
- Certified Training – All areas of domestic abuse including coercive control.

Male Advice Line Men's Development Network

Telephone: 1800 816 588

Email: men@mens-network.net

The Male Advice Line was developed by the Men's Development Network. Counsellors provide an outlet for men, who are experiencing or have experienced domestic abuse in their relationship, to speak confidentially with professionals who are trained to advise on domestic crime.

The Male Advice Line can be accessed on 1800 816 588 at the following times:

- Monday: 10am-6pm
- Tuesday: 12pm-8pm
- Wednesday: 10am-6pm
- Thursday: 12pm-8pm
- Friday: 2pm-6pm

Move (Men Overcoming Violence)

Telephone: 085 8748108

Website: <http://www.moveireland.ie/>

Email: mwcoordinator@moveireland.ie

Move – Men Overcoming Violence works in the area of domestic violence, with a primary aim of supporting the safety and wellbeing of women and their children who are experiencing or have experienced violence/abuse in an intimate relationship. This is done through the CHOICES programme, which encourages men to:

- Learn about the effects and consequences of domestic abuse on their partner and family
- Participate in group sessions with other individuals who have behaved in a similar way
- Talk openly about their behaviour and the people affected by it
- Identify the beliefs and attitudes which underpin abuse
- Cope with their behaviour and feelings in difficult situations
- Learn how to react without being abusive
- Learn about respect and responsible parenting
- Learn to understand and recognise the need to change their behaviour



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Directory

Local Resources	<p>Mayo Resource Guide</p> <p>https://www.cypsc.ie/safeguarding-children-and-young-people-subgroup-resources/county-mayo-domestic-abuse-resource-pack.3953.html</p>
National Services	<p>Link to Safe Ireland</p> <p>https://www.safeireland.ie/get-help/where-to-find-help/</p>
HSE practice guide	<p>http://hsenet.hse.ie/Intranet/childfamilyagency/DSGBV_PracticeGuide.pdf</p>
Recognise	<p>Barrier to Disclosure and why survivors stay:</p> <p>http://stopabuse.umich.edu/about/barriers.html</p> <p>The Courage to Leave: Norah Casey https://www.youtube.com/watch?v=i0hij-L5c-A</p> <p>Same Sex Relationships:</p> <p>https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6113571/</p> <p>https://cuansaor.org/lgbt-abuse/</p> <p>UK spotlight report on LGBT+ people experiencing domestic abuse:</p> <p>https://safelives.org.uk/sites/default/files/resources/Free%20to%20be%20safe%20web.pdf</p> <div> <h2>Coercive Control</h2> <ul style="list-style-type: none"> • Isolation from friends and family • Deprivation of basic needs, such as food • Monitoring the person's time • Monitoring the person via online communication tools or spyware • Controlling where a person goes, who they see, what they wear and when they can sleep • Depriving of access to support services, such as medical services • Repeatedly putting a person down, such as saying they are worthless • Humiliating, degrading or dehumanising the person • Controlling their finances • Making threats or intimidating the person <p>https://www.womensaid.ie/assets/files/pdf/wa_coercive_control_guide.pdf</p> <p>https://www.safeireland.ie/get-help/safety-information/the-criminal-offence-of-coercive-control/</p> </div>

<p>Respond</p>	<p>Asking the question:</p> <p>“What would you do”? campaign https://whatwouldyoudo.ie/</p> <p>Child welfare and protection:</p> <p>WHAT’S THE HARM? A child-centred response to domestic abuse: https://www.barnardos.ie/media/1186/whats-the-harm-2016.pdf</p> <p>Safety Planning:</p> <p>How to delete browsing history:</p> <p>https://www.womensaid.ie/help/digitalabuse/browsing.html</p> <p>EPPI Toolkit Information for Social Workers on Safety and Escape Plans: http://hsetnet.hse.ie/childfamilyagency/DSGBV_11.pdf</p> <p>Legal Options:</p> <p>https://www.womensaid.ie/help/options/legaloptions.html</p> <p>Dealing with your frustrations as a practitioner:</p> <p>https://tusla.sharepoint.com/sites/InternalCommunications/Documents/EPPI/DSGBV/DSGBV_13.pdf?cid=c0aa6b88-d4ed-466c-8cc9-52dc1920c582</p>
<p>Refer</p>	<p>Women’s Aid 24/7 National Helpline - Listening. Believing. Supporting.1800 341 900</p> <p>Dublin Rape Crisis Centre - NATIONAL 24-HOUR HELPLINE</p> <p>https://www.drcc.ie/get-help-and-information/our-services/helpline/</p> <p>Male Advice Line – Advice and Support for Male Victims of Domestic Abuse:</p> <p>https://mens-network.net/male-advice-line/</p> <p>Safe Ireland - What type of supports are available: Safe Ireland</p> <p>https://www.safeireland.ie/get-help/what-types-of-support-are-available/</p> <p>Where to find help</p> <p>Contact Information for support services Nationally, by county:</p> <p>https://www.safeireland.ie/get-help/where-to-find-help/</p> <p>Cosc – Local and National Services</p> <p>Click the link below for information on services available for the following:</p> <ul style="list-style-type: none"> • <i>Domestic Violence Services for women</i> • <i>Domestic Violence Services for men</i> • <i>Sexual Violence services for women and men</i> • <i>Elder abuse in the community</i> • <i>Programmes for perpetrators of domestic violence</i> • <i>Support Services for Travellers and ethnic minorities</i> • <i>General support services</i> • <i>Outreach services</i> <p>http://cosc.ie/en/COSC/Pages/WP08000009</p>

<p>Children and Teens</p>	<p>Explanation of Domestic Abuse for Children http://adaptservices.ie/children/</p> <p>Positively Parenting: Coping with Domestic Abuse. For Parents of Children Between 6 and 12 https://www.tusla.ie/uploads/content/Parents_Domestic_Abuse_d4.pdf</p> <p>Information for Young People who are Concerned about Domestic Abuse https://www.barnardos.ie/resources/young-people/domestic-abuse</p> <p>Too Into You Website - Discover the Signs of Dating Abuse, Take Our Relationship Quiz and Check Out Our Tips for Keeping Yourself and Your Friends Safe https://www.toointoyou.ie/</p> <p>Parenting Positively: Helping Teenagers to Cope with Domestic Abuse (Tusla and Barnardos) https://www.tusla.ie/uploads/content/Teenagers_coping_with_domesticabuse_d4.pdf</p> <p>Changing Futures - Website for Young people Made by Young People with Experience of Tusla Services http://www.changingfutures.ie/</p> <p>What's OK at Home-Australian website with interesting resources: https://woah.org.au/</p> <p>Child to parent violence: http://www.newauthorityparenting.ie/child-to-parent-violence-and-abuse https://cpvireland.ie/</p> <p>Nonviolent resistance handbook for practitioners: http://www.rcpv.eu/46-nvr-handbook-for-practitioners/file</p>
<p>Sexual Violence in Intimate Relationships</p>	<p>Dublin Rape Crisis Centre List of National Support Services http://www.drcc.ie/get-help-and-information/our-services/centres-around-ireland/</p> <p>Rape Crisis Network Ireland: A Guide to the Legal Process for Survivors of Sexual Violence https://www.rcni.ie/wp-content/uploads/Guide-to-the-Legal-Process-for-Survivors-of-Sexual-Violence-2nd-Edition-3.pdf</p> <p>SpunOut.ie - What Happens at a Sexual Assault Treatment Unit, What to Expect https://spunout.ie/health/article/bse-hcc-sexual-assault-treatment-units</p> <p>HSE Sexual Assault Treatment Unit https://scanmail.trustwave.com/?c=17268&d=x4fo3s8ozKdgvxo4EFTtr7gqWRGkfkmsmXVcNsb2Jg&s=343&u=https%3a%2f%2fwww2%2ehse%2eie%2fsexual-assault-treatment-units%2f</p>

Cultural Issues	<p>Pavee Point's Violence Against Women Programme - Additional Barriers Faced by Traveller and Roma women</p> <p>https://www.paveepoint.ie/project/violence-against-women/</p> <p>Migrant Women and the Risks of Gender Based Violence</p> <p>https://akidwa.ie/our-work/#sexual-and-gender-based-violence</p>
Parenting	<p>Parenting after domestic abuse- COPE Galway booklet:</p> <p>https://www.copegalway.ie/wp-content/uploads/2018/09/Parenting-after-domestic-violence-abuse-COPE-Galway-booklet.pdf</p> <p>https://www.childwelfare.gov/pubPDFs/domestic_ts.pdf</p> <p>Post-separation Fathering and Domestic Abuse:</p> <p>https://www.tcd.ie/swsp/assets/pdf/Steph-%20Lack%20of%20access%20facilities.pdf</p> <p>Listen to Me! TCD research on children's experiences of domestic Abuse:</p> <p>https://www.tcd.ie/tricc/assets/pdfs/crc-archive/2006-Buckley-Whelan-Holt-Listen-to-me.pdf</p> <p>Domestic Violence and the Paradox of Post-Separation Mothering:</p> <p>https://academic.oup.com/bjsw/article/47/7/2049/2629132</p> <p>Parental Alienation:</p> <p>https://changes.ie/about-brian-o-sullivan/media/</p>
Future steps	<p>More information- EIPP toolkit:</p> <p>http://hsenet.hse.ie/childfamilyagency/Domestic_Sexual_and_Gender-Based_Violence.html</p> <p>Surviving after abuse:</p> <p>https://www.womensaid.org.uk/the-survivors-handbook/surviving-after-abuse/</p> <p>https://www.safeireland.ie/wp-content/uploads/Safe-Ireland-Healing-from-DV-Trauma-FULL-REPORT-.pdf</p>



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Appendix 1 - Biderman's Chart of Coercion

Biderman's Chart of Coercion

A tool designed to demonstrate and explain the coercive methods of stress manipulation used to torture prisoners of war. It has been applied to explain the coercive techniques used by perpetrators of domestic abuse.

This list directly reflects the original chart, it has not been changed to fit the domestic abuse context.

Method	Effect and Purpose	Variants
Isolation	Deprives victim of all social support of their ability to resist. Develops an intense concern with self (this could be home environment) Makes victim dependent.	Complete solitary confinement Complete or partial isolation Group Isolation
Monopolisation of Perception	Fixes attention upon immediate predicament. Eliminates information not in compliance with demands. Punishes independence and /or resistance.	Physical isolation Darkness or Bright light Restricted movement Monotonous Food
Humiliation and Degradation	Makes resistance more 'costly' than compliance. 'Animal Level' concerns.	Personal hygiene prevented Demeaning Punishments Insults and taunts Denial of Privacy
Exhaustion	Weakens mental and physical ability to resist.	Semi-Starvation Sleep deprivation Prolonged interrogation Overexertion
Threats	Creates anxiety and despair Outlines cost of non-compliance	Threats to kill Threats of abandonment/non-return Threats against family Vague Threats Mysterious changes of treatment.
Occasional indulgences	Positive motivation for compliance. Hinders adjustment to deprivation	Occasional favours Rewards for partial compliance Promises
Demonstrating Omnipotence	Suggests futility of resistance	Confrontation Showing complete control over victims face
Forcing trivial demands	Develops habit of compliance	Enforcement of 'rules'

Amnesty International (1994)

Glossary of Terms

Co-Parenting

Co-parenting is a process where two parents work together to raise a child even though they are divorced or separated and no longer live together.¹⁰

Love bombing

Love bombing is an attempt to influence a person by demonstrations of attention and affection. It can be used in different ways and can be used for either a positive or negative purpose. Love bombing involves being showered with affection, gifts, and promises for the future with someone making you believe you may have discovered love at first sight.

The person is loving, caring, and affectionate. However, it doesn't last, and as soon as you show a hint of caring about anything other than your new partner, they get furious with you and label you as selfish. Their mask slips, and you see someone mean, belittling, and unreasonable underneath. They can't comprehend that you have anything else going on in your life, and they completely turn on you.¹¹

Gaslighting

Gaslighting is 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.¹²

Coercive Control

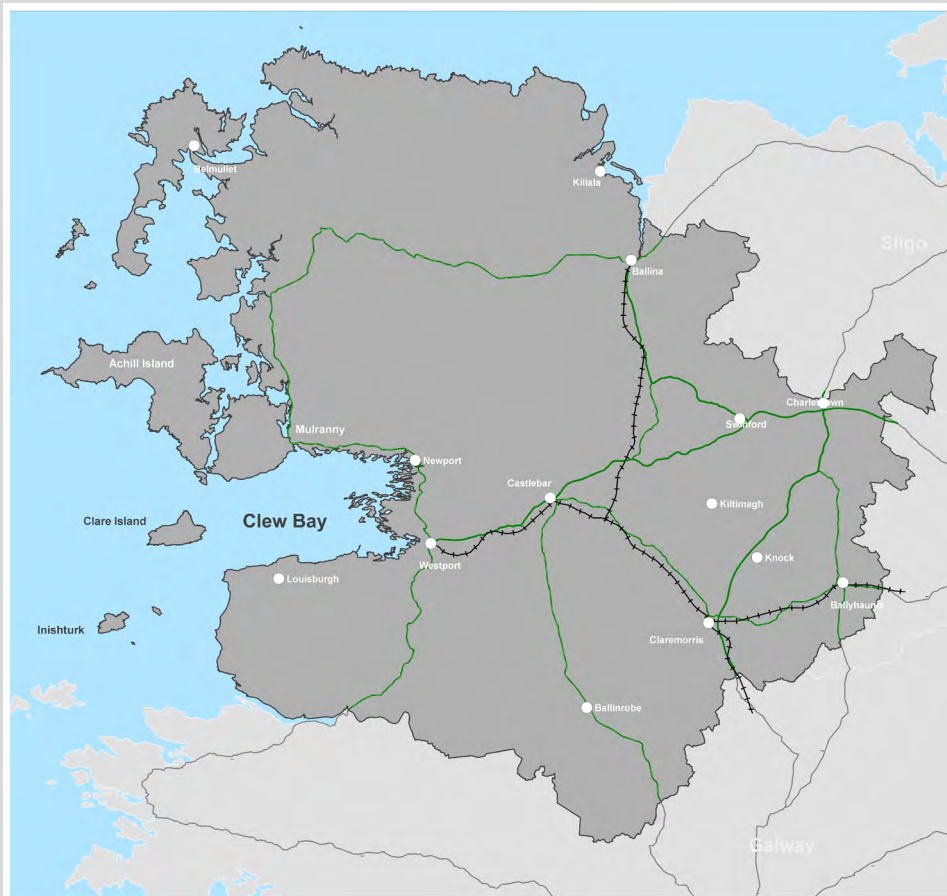
Coercive control is a persistent pattern of controlling, coercive and threatening behaviour including all or some forms of domestic abuse (emotional, physical, financial, sexual including threats) by a boyfriend, partner, husband or ex. It traps women in a relationship and makes it impossible or dangerous to leave.¹³

¹⁰ Source: <https://www.yourdictionary.com/co-parenting>

¹¹ Source: <https://www.businessinsider.com/what-is-love-bombing-2017-7?r=US&IR=T>

¹² Source: <https://simple.wikipedia.org/wiki/Gaslighting>

¹³ Source: <https://www.womensaid.ie/help/coercive-control.html>



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WITHOUT DELAY



TÚSLA
An Ghníomhaireacht um
Leanaí agus an Teaghlach
Child and Family Agency



Rialtas na hÉireann
Government of Ireland

