

FREE GUIDE

PRIVATE REFERENCE

Domestic Violence Support in Ireland: Where to Find Real Help

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If you are in danger right now

IF YOU ARE IN IMMEDIATE DANGER

Call An Garda Siochana: 999 or 112.

If you cannot speak safely, many phone systems allow you to stay on the line silently so the operator knows to send help, or you can try texting where available.

Go to the nearest safe public place, a shop, a Garda station, a neighbour's house, if you cannot stay where you are.

Helplines, all free and confidential.

- Women's Aid National Freephone Helpline: 1800 341 900, open 24 hours a day, 7 days a week, with interpretation support in multiple languages including Portuguese and Spanish.
- Men's Aid Ireland confidential support line: (01) 554 3811, Monday to Friday, 9am to 5pm.
- National Male Advice Line: 1800 816 588.
- Cuan, Ireland's national domestic, sexual and gender based violence agency: [alwayswhere.ie](https://www.alwayswhere.ie).
- Samaritans, if you are also struggling emotionally: 116 123, free, 24 hours a day, from any phone.





Where to stay, and your right to remain

Finding somewhere safe to stay.

- Refuges across Ireland offer emergency, confidential accommodation, generally open 24 hours a day. You can bring your children with you.
- Safe Ireland (safeireland.ie) lists domestic violence services and refuges by county.
- You do not need money, a fixed address, or a particular immigration status to be helped in an emergency.
- Supported transitional housing exists as a step between refuge and permanent housing, ask a support worker about this once you are safe.

YOUR IMMIGRATION STATUS

Your right to stay in Ireland should never depend on staying in an unsafe situation. You can apply to Immigration Service Delivery for an independent permission, separate from your abuser. There is no fee, and you do not need to have left first to start this process.





Court orders and legal aid

Legal protection, generally free.

- You can apply to the District Court for a Safety Order, Protection Order, Barring Order, Interim Barring Order, or Emergency Barring Order.
- A Safety Order stops the abusive person from further violence or threats, without requiring them to leave the home. A Barring Order requires them to leave and stay away.
- Civil legal aid for these applications is generally free, with no financial contribution required, regardless of income.
- Contact the Legal Aid Board, or go directly to your local District Court Office, staff there are trained to help and you do not need a solicitor to apply.

DOCUMENTS WORTH HAVING READY

If it is safe to do so: passport, IRP card, birth and marriage certificates, bank cards and some cash, medication, a spare phone, copies of any prior reports, and a short written timeline of what has happened.





A few more things worth knowing

If you have children.

- You can bring your children with you to a refuge. Tusla, the Child and Family Agency, has a role in supporting children's safety.
- Domestic violence orders can also cover children, and a court can consider a child's own views where relevant.

Protecting yourself digitally.

- Assume shared devices, accounts, or family phone plans may not be private. Use a device your abuser does not have access to when researching this or reaching out for help.

IN CONFIDENCE

Domestic violence is not only physical. Emotional abuse, isolation, financial control, and threats about your immigration status all count, and support services take all of these seriously.

GOOD TO KNOW

You do not have to leave today, and you do not have to do everything on this page at once. You are allowed to reach out more than once, and that is completely normal.

