

ADAPT DOMESTIC ABUSE SERVICES

Refuge



We are open day and night, 7 days a week. Staff are available to help you talk through your situation and decide if you need refuge. If you do, they will help you work out how to get safely to the refuge.

The refuge is open to women on their own or women with children.

In the refuge, each family has their own apartment. The staff are there to make your stay as comfortable as possible. Some women may need refuge only once and some may need it many times.

When you are ready to leave the refuge, staff will support you in what you want to do and will help you to work out a safety plan that fits with your decision.

We can continue to support you through the outreach service for as long as you need.

"Everybody was very good to me. I got a lot more help than I expected. I got comfort and support there"

*"I've wanted to leave but was scared to go
So I kept going to and fro
Because my life was in his control
I didn't have one little role.
Don't look down your nose at me,
for I've been so naive
I've ignored the warning signs which I have received*

*I've left him now at long last
I'm going to leave him in the past
Now I'm getting my life together
And I'll be gone from him forever"*

ADAPT DOMESTIC ABUSE SERVICES
Rosbrien, Limerick

If you have any further questions, know anyone living with domestic abuse or need someone to confide in please call ADAPT's 24-HOUR Freephone Helpline now.

Helpline Number: 1800 200 504
www.adaptservices.ie

ADAPT DOMESTIC ABUSE SERVICES

Child and Youth Service



This service is open to children and young people from 0—25 years of age. We also offer supports to mothers.

Our staff have special training and are experienced in working with children and young people who are living with domestic abuse.

We offer a range of general childcare services within a therapeutic play environment. We also offer specialist services including play therapy and Domestic Abuse Teen Support (D.A.T.S.). D.A.T.S. provide a space where young people can talk about their experience and concerns.

"It was great to meet other kids like me"

Education

We run education programmes for women survivors. These focus on helping women re-build their confidence, decide what they want for themselves and their children and work towards a brighter future.

"You don't feel alone... you are not the only one"

For further information on any of our services or education programmes please contact:



ADAPT Domestic Abuse Services

Rosbrien, Limerick

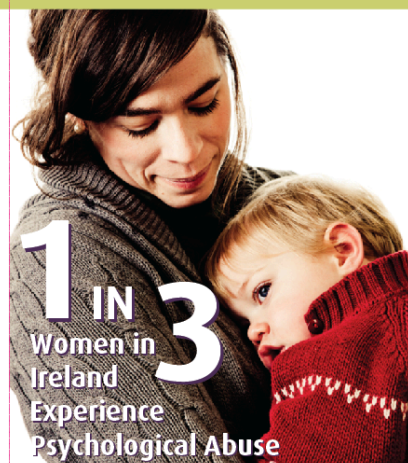
T: 061 412354

E: womensupports@adaptservices.ie

www.adaptservices.ie



You are not Alone







1 IN 3
Women in Ireland Experience Psychological Abuse



ADAPT DOMESTIC ABUSE SERVICES

Freephone helpline number
1800 200 504

<h2>About ADAPT DOMESTIC ABUSE SERVICES</h2>	<h2>Signs of Abuse</h2>	<h2>ADAPT DOMESTIC ABUSE SERVICES</h2>
<div data-bbox="212 286 300 454">  </div> <p>Since 1974, ADAPT has provided services for women who have experienced domestic abuse and their children.</p> <p>We are open every day of the year, 24 hours a day. Caring and experienced staff will listen to you and support you to talk things through and help you decide what you want to do. Our priority is your safety and the safety of your children.</p> <p><i>"Physical, sexual and psychological violence against women is an extensive human rights abuse in all EU Member States".</i></p> <p>(European Union Agency for Fundamental Rights—Director, March 2014)</p>	<p><i>"Domestic violence refers to the use of physical or emotional force or threat of physical force, including sexual violence in close adult relationships...The attacker is known to the woman and is likely to have had an intimate relationship with her".</i></p> <p>(Irish Government Task Force Report, 1997)</p> <p>Abuse is not always physical and women will often say that emotional abuse is as painful and often more difficult.</p> <p>Domestic abuse happens in all economic classes, races, religions, ages and sexual orientations.</p> <p>Below are some questions that can help you to identify if you or someone you know is being abused. If the answer is yes to any or all of them, this could be an indication of domestic abuse.</p>	<p>Helpline</p> <div data-bbox="1029 309 1082 365">  </div> <p>ADAPT runs a free, 24 hour telephone helpline service. Confidential, caring and experienced staff will listen to you. They can give you information on possible options and help you think about what you want to do.</p> <p>One to one support</p> <div data-bbox="1029 454 1082 510">  </div> <p>You will have your own support worker who will listen to you and help you work out a plan to meet your needs. She will support you as long as you need it and help you get support from other services e.g. housing, finance and health.</p> <p>If you want to get legal protection, she will explain what you need to do and support you through the process.</p> <p>The one to one support is available in the refuge or through the outreach service.</p>
<p>We provide:</p> <ul style="list-style-type: none"> • 24 hour Freephone helpline service • 24 hour access to safe refuge • Outreach service throughout Limerick city and county • One to one support (with translation if needed) • Advocacy and accompaniment • Child care services • Play therapy service • Activities for young people include Domestic Abuse Teens Support (D.A.T.S.) and a weekly youth club • Support groups • Education Programmes 	<ul style="list-style-type: none"> • Do you live in fear, afraid of making your partner angry? • Does he upset you by swearing and shouting at you? • Does he constantly criticise what you say and do? • Does he behave jealously and possessively? • Do you feel that he is manipulating you? • Does he control how much money you have or how money is spent? • Does he threaten to hurt you, your children or people you care about? • Are you forced into sexual acts against your will? • Does he stalk or harass you? • Do you feel lonely and isolated? • Do you feel guilty and ashamed of what is happening? • Does he blame you for what's happening and tell you that it's your fault? 	<p>Support Groups</p> <div data-bbox="1029 645 1117 723">  </div> <p>We offer a range of support groups which are run by experienced staff. In the group you can talk about your experiences with other women who have been through similar situations.</p>
<p><i>Domestic abuse is one of the most common crimes in Ireland, but it often goes unreported.</i></p>		<p><i>"It would be great to be able to talk to others who have been through the same"</i></p>
<p><i>"We will support you for as long as you feel you need the support"</i></p>	<p><i>"He said it was my fault and I had asked for it"</i></p>	<p>Outreach</p> <div data-bbox="1010 869 1098 925">  </div> <p>We provide outreach support throughout Limerick City and County. We have specialist clinics in key locations in the city and county. You can meet your support worker there or, if this doesn't suit you, she can meet you at a time and place that suits and is safe for you.</p>