



Lean on Me

CONTACTS

2009 Update

Contexts





WOMEN'S REFUGES AND SUPPORT SERVICES



EASTERN REGION






DUBLIN

-  Aoibhneas Women's Refuge (North City)
-  Office: (01) 8670805
- Helpline: (01) 8670701
-  24 hours



DUBLIN

-  The Anu Centre
-  Blanchardstown Women's Refuge
-  (Full Refuge Service – due to open late-Summer 2009)






DUBLIN

-  Dublin 12 Domestic Violence Service
-  Office: (01) 4087737
-  Helpline: (01) 4563126
- Mon-Fri 9am-2pm



DUBLIN

-  Inchicore Family Resource Centre
-  (01) 4545239
-  Mon-Fri 9.30am-5.00pm






DUBLIN

-  Rathmines/Northern Area Health Board Women's Refuge
-  (01) 4961002/4961322
-  24 hours



DUBLIN

-  SAOIRSE Women's Refuge (Tallaght)
-  Office: (01) 4630400
- Helpline: (01) 4630000
-  Mon-Fri 9am-5pm






DUBLIN

-  Women's Aid
-  Office: (01) 8684721
- Freephone: 1800 341900
-  (10am-10pm)
- Mon-Fri 9am-5pm



KILDARE

-  Teach Tearmainn
-  Office: (045) 449524
- Helpline: (045) 438461
-  Mon-Fri 9am-5pm
- Mon 7 pm-9pm
- Sat 12-2pm



WICKLOW

-  Bray Women's Refuge
-  (01) 2866163
-  24 hours

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Women's Refuges
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Women's
Refuge



Women's
Support
Services



WOMEN'S REFUGES AND SUPPORT SERVICES

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Women's Refuges
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This list includes the main domestic violence services for women. Your nearest refuge/ women's support service can give you information about any other services in the area that may be relevant or important to you.

MIDLANDS REGION



LAOIS

-  Laois Support Service against Domestic Abuse
-  Office: (057) 8671100
-  Mon-Fri 9.30am-4.30pm



LONGFORD

-  Longford Women's Link
-  (043) 41511
-  Mon-Fri 9am-5pm



OFFALY

-  Offaly Domestic Violence Support Service
-  Office (057) 9351796
-  Helpline (057) 9351886
-  Mon-Fri 10am-4pm

MIDLANDS REGION



WESTMEATH

-  Esker House Refuge
-  Office: (090) 6474122
-  24 hours







CLARE

-  Clare Haven Services
-  Office: (065) 6842646
-  Refuge: (065) 6849777
-  Helpline: (065) 6822435
-  24 hours



LIMERICK

-  ADAPT Services
-  (061) 412354
-  Freephone: 1800 200 504
-  24 hours

MID-WESTERN REGION



LIMERICK

-  Southill Domestic Abuse Project
-  (061) 313025
-  Mon-Thurs 9am-5pm
Fri 9am-1pm



TIPPERARY NORTH

-  Ascend
-  Office: (0505) 23999/23379
-  Mon-Fri 9am-1pm &
2pm-4pm

NORTH-EASTERN REGION



LOUTH

-  Drogheda Women's Refuge
-  Helpline:
(041) 9844550/9844998
-  24 hours

WOMEN'S REFUGES AND SUPPORT SERVICES



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Women's
Refuge



Women's
Support
Services

NORTH-EASTERN REGION



LOUTH

- Dundalk Women's Aid
- Helpline:
(042) 9333244/9333245
- 24 hours



MEATH

- Meath Women's Refuge
- Helpline (046) 9022393
- 24 hours



MONAGHAN

- Tearmann Domestic
Violence Services
- Office: (047) 72749
Helpline: (047) 72311
- Mon-Fri 9am-4pm

NORTH WESTERN REGION



DONEGAL

- Women's Domestic Violence
Service
- Office: (074) 9129725
Helpline: (074) 9126267
Freephone: 1800 262 677
- 24 hours



DONEGAL

- Inishowen Women's Outreach
- Office: (074) 7373337
Helpline: (074) 9373232
- Mon-Fri 10am-1.30pm



LETTERKENNY

- Letterkenny Women's Centre
- Office: (074) 9124985
- Mon-Fri 9am-5pm

NORTH WESTERN REGION



SLIGO

- Domestic Violence Advocacy
Service
- Helpline: (071) 9141515
- Mon-Fri 9am – 5pm



CARLOW

- Carlow Women's Aid
- Office: (059) 9173552
Freephone: 1800 444944
- Mon-Fri 9am-5pm



KILKENNY

- AMBER
Kilkenny Women's Refuge
Project
- Office: (056) 7771404
Helpline: 1850 424244
- 24 hours



WOMEN'S REFUGES AND SUPPORT SERVICES

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SOUTH-EASTERN REGION




TIPPERARY SOUTH

 Cuan Saor Women's Refuge and Support Service

 Office: (052) 27557


Freephone: 1800 576757

 24 hours



WATERFORD

 Oasis House

 Office: (051) 370367

Helpline: 1890 264364

 24 hours



WEXFORD

 Wexford Women's Refuge

 Office: (053) 9121876

Freephone: 1800 220444

 24 hours

SOUTHERN REGION



CORK

 CuanLee Refuge


 Office: (021) 4277698

 24 hours



CORK

 Mna Feasa

 Office: (021) 4212955

Helpline: (021) 4211757


 Mon-Fri 10am-2pm



CORK

 OSS CORK Domestic

Violence
Information Centre


 Office: (021) 4222979


Freephone: 1800 497497

 Mon-Fri 9am-1pm




CORK

 West Cork Women against
Violence Project

 Office: (027) 53847

Freephone: 1800 203136

Mon-Fri 10am-1pm


 Tues 10am-4pm



CORK

 YANA

North Cork Domestic
Violence Project


 Office: (022) 53915

 Mon-Thu 9am-5pm



KERRY

 ADAPT Kerry Women's Refuge

 Office: (066) 7129100

 24 hours

WOMEN'S REFUGES AND SUPPORT SERVICES



WESTERN REGION






GALWAY

-  COPE
Waterside House Women's
Refuge
-  (091) 778750 / 565985
-  24 hours



GALWAY

-  Domestic Violence Response
-  Office: (091) 866740
-  Mon-Fri 9.30am-4.30pm



MAYO

-  Mayo Women's Refuge and
Support Service
-  (094) 9027519/9025409
Helpline: 087 6569672
-  Mon-Fri 9.30am-5.30pm
Sat-Sun 11am-3pm




Contacts

Women's Refuges
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WESTERN REGION



ROSCOMMON

-  Boyle Family Life Centre
Office:
-  (071) 9663000/9663840
-  Mon-Fri 9am-5pm



Women's
Refuge



Women's
Support
Services

Safe Ireland National Contact:



(0902) 79078

If you are unsure about which refuge or support service to contact,
you can call Safe Ireland and they will help you find the right one for you.



RAPE CRISIS CENTRES

Contacts

Rape Crisis Centres

Carlow ☎ 1800 727737

Cork ☎ 1800 496496

Donegal ☎ 1800 448844

Dublin ☎ 1800 778888

Galway ☎ 1850 355355

Kerry ☎ 1800 633333

Kilkenny ☎ 1800 478478

Louth ☎ 1800 212122

Mayo ☎ 1800 234900

Mid-West ☎ 1800 311511
(Limerick, Clare & Tipperary N.)

Nenagh ☎ 1800 541122

Offaly ☎ 1800 323232

Sligo ☎ 1800 750780

Tipperary S. ☎ 1800 340340

Waterford ☎ 1800 296296

Westmeath ☎ 1800 306600

Wexford ☎ 1800 330033

LEGAL ISSUES



Contacts

Legal Issues

Legal Aid Board Law Centres

There are 32 law centres across the country. You can find their number in the 'phone directory, or you can call 1890 615 200, and ask for the number of your nearest law centre.

District Courts

There are 45 district courts across the country. You can find their number in the 'phone directory, or you can call the National Court Services Board on (01) 888 6000, and ask for the number of your nearest district court.

The Family Mediation Service

The Family Mediation Service is a state service to help couples who are separating, or have separated, to negotiate their own separation terms. Issues for mediation are ongoing parenting, maintenance, the family home, property and other problems relating to separation. Both partners have to contact the service for an appointment. It is not a legal service, but can help to sort out issues so you do not have to go to court.














Contacts

Legal Issues

LEGAL ISSUES

The Family Mediation Service

Athlone		(0906) 420970
Castlebar		(094) 9035120
Cork		(021) 4252200
Dublin		(01) 8728277
Dundalk		(042) 9359410
Galway		(091) 509730
Letterkenny		(074) 9102240
Limerick		(061) 214310
Tallaght		(01) 4145180
Tralee		(066) 7149726
Wexford		(053) 63050

Other Legal Services

AIM Family Services

Confidential information and advice

National Contact: **(01) 6708363**

Mon-Fri 10am – 1pm

Coolock Community Law Centre

Legal aid and advice

Office: **(01) 8477804**

FLAC (Free Legal Advice Centres)

National Contact: **(01) 8745690**

Information and referral line: 1890 350 250

Provides information and legal advice to people who cannot afford the price of a solicitor.

Available in several locations across the country.

GENERAL INFORMATION AND SUPPORT SERVICES



Contacts

General
Information and
Support Services

Citizen Information Centres (CICs)	Free, confidential local service providing information on your rights and entitlements, including money, legal and housing issues	National Contact: 1890 777 121 There are a number of CICs across Ireland. See telephone directory/Golden Pages for your local CIC
The Samaritans	Crisis helpline	National Contact: 1850 609 090 (24 hours) Also have local telephone numbers See telephone directory/Golden Pages
Irish Countrywomen's Association Helpline	Provides a counseling service, telephone support and information for ICA members	National Contact: (01) 6680453
OPEN (One Parent Exchange and Network)	Network of local groups for single parents	National Contact: (01) 8148860 Ask for contacts for local groups



Contacts

General
Information and
Support Services

One Family	Offers advice and support to single pregnant women and single parent families	National Contact: Office: (01) 662 9212 Helpline: 1890 662 212
Alliance Victim Support Group	Provides practical help and emotional support to victims of crime	National Contact: (04838) 871708 Ask for contacts for local groups
Pavee Point	Training and resource centre for Travellers, with a violence against women project	National Contact: (01) 8780255
The Irish Refugee Council	Promotes support for refugees and asylum-seekers	National Contact: (01) 7645854
Barnardos	Support to families and information on childcare and parenting	National Contact: (01) 4530355 or 1850 222 300
GLEN	Gay and Lesbian Equality Network	National Contact: (01) 4730563



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General
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Support Services

Malicious Calls Bureau	Helpline for unwanted calls	Eircom Helpline: 1800 689 689
Senior Helpline:	Helpline for older people	National Contact: 1850 440 444
Disability Federation of Ireland	A network for people with disabilities	National Contact: (01) 4547978
ISPCC (Irish Society for the Prevention of Cruelty to Children)	Information and support to children and parents	National Contact: (01) 6767960 Childline: Freephone 1800 666 666
Parentline	A listening service for parents under stress	National Contact: (01) 8787230



Contacts

General
Information and
Support Services

SERVICES FOR MEN WHO ABUSE

MOVE (Men Overcoming Violence)	Provides intervention programmes for men who abuse/ male perpetrators of domestic abuse	National Contact: (065) 6848689 Carmichael House, Dublin 7: (01) 8724357
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COUPLE COUNSELLING SERVICES

ACCORD (Catholic Marriage Counseling Service)	Provides marriage and relationship counseling. 50 branches throughout the country.	National Contact: (01) 5053112 LoCall Helpline: 1890 227 427 Ask about local services
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Marriage and Relationship Counselling Service	Provides marriage and relationship counselling. 12 locations throughout country.	National Contact: (01) 6785256 LoCall Helpline: 1890 380 380 Ask about local services
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MONEY ISSUES



Contacts

General
Information and
Support Services

Community Welfare Service (Health Board)	Provides payments to meet your basic needs	Contact a CWO (Community Welfare Officer) in your local health area. See telephone directory/Golden Pages
Social Welfare	Provides a range of Social Welfare payments.	Contact your local Social Welfare Office. See telephone directory/Golden Pages.
MABS (Money Advice and Budgeting Service)	Information and advice to people who are in financial difficulty. There are MABS offices across Ireland.	Helpline: 1890 283 438 See telephone directory/Golden Pages.



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General
Information and
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ACCOMMODATION ISSUES

Community Welfare Services (HSE)	Provides payments to meet your basic needs	Contact a CWO (Community Welfare Officer) in your local health centre
Threshold	Advice and information for people with housing problems	National Contact: (01) 6786096 Mon-Fri 9.30am-5.00pm Thurs 5.30pm-7.30pm
Sonas Voluntary Housing Association	Transitional housing for women and children who are homeless and have been living in a refuge	National Contact: (01) 8309088
Respond!	Housing Association Provides family housing to tenants	National Contact: (081) 8357901
Focus Ireland	Housing information and advice	National Contact: (01) 8815900
Local Authority	Provide accommodation	See telephone directory/ Golden Pages

ALCOHOL AND ADDICTION



Contacts

General
Information and
Support Services

Al-Anon	Self-help groups providing support for adults affected by someone else's drinking	National Contact: (01) 8732699 Ask about local groups
Alcoholics Anonymous	Self-help groups providing support for people who are alcohol dependent	National Contact: (01) 8420700 Ask about local groups
Al-Ateen	Self-help groups providing support for children affected by someone else's drinking	National Contact: (01) 8732699 Ask about local groups
Narcotics Anonymous	Self-help groups providing support for people who are dependent on drugs	National Contact: (01) 6728000 Ask about local groups



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SEXUAL HEALTH/PREGNANCY

CURA	Pregnancy counselling and after care service	National Contact: 1850 622 626 Ask about local groups
Irish Family Planning Association	Provides a comprehensive sexual health and family planning service at local centres	National Contact: (01) 8069444 Ask about local centres

MENTAL HEALTH

AWARE	Assistance and support for people suffering from depression	National Contact: (01) 676 6166 Ask about local groups
Bodywhys	Help, support and understanding for people with eating disorders (anorexia and bulimia nervosa)	National Contact: 1890 200 444 Ask about local groups
GROW Community Mental Health Movement	Facilitates group support meetings and provides information and referral service Over 100 groups nationally	National Contact: (021) 4277520 Ask about local groups

NOTES
