



how can you **help...**



a friend or  
relative who trusts  
you enough to tell  
you that she is  
experiencing

**domestic  
violence?**

# How can you **help** a friend or relative who trusts you enough to tell you that she is experiencing **domestic violence**?

1

**Listen** to her, try to **understand** and take care not to blame her. Tell her she is not alone and there are many women in the same situation. Give her time to talk if she wants to talk.

Tell her **nobody deserves to be threatened or beaten**, no matter what her abuser has told her.

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3

**Let her make her own decisions.** Don't tell her to leave if she is not ready to do this.

4

If she is **physically hurt**, offer to go with her to the hospital or GP. Help her to report the assault to the Gardaí if she wants to.

5

Tell her about **Adapt Services** in Limerick – they can help her in lots of ways, including if she doesn't want to leave her partner.

6

If she has **children** and she is worried about them, say that she can talk to Adapt Services or the Public Health Nurse.

7

Use the **safety plan** to help her plan how to stay safe. Don't push her to do anything she is not sure about.

8

Offer her the use of **your address and/or phone number** for information and messages. Offer to keep an **emergency bag** for her.

9

Look after yourself while you are supporting someone through such a difficult time. **Make sure you do not put yourself into a dangerous situation.**

## Safety Plan

If you are in an abusive relationship, having a Safety Plan worked out in advance can help you get out of the home safely and quickly if necessary. It is helpful to work through the steps, even if things are going smoothly. Bring your Safety Plan with you if you need to leave in a hurry.

### Step One:

#### Think about:

- ✓ Where you can go to make a telephone call;
- ✓ A safe place where you can stay in an emergency. This may be with a friend or relative, a woman's refuge, a hotel or a B&B.
- ✓ The telephone number of the safe place;
- ✓ How to get to the safe place. Decide how you will get there at different times of the day and night;
- ✓ The number of a local taxi firm;
- ✓ What to tell the children, and how to tell it to them, when you need to put the Safety Plan into action.

**The National FREE Helpline is 1800 341900. Refuges also operate 24 hour Helplines.**

### Step Two:

#### Write down:

- ✓ Important phone numbers
- ✓ Your PRSI/PPS or Claim Number
- ✓ Your family's essential medicines
- ✓ Your Child Benefit Book Number

#### Useful Phone Numbers:

- ✓ Taxi:
- ✓ Health Centre (CWO):
- ✓ Doctor:
- ✓ Social Welfare Office:
- ✓ Garda Station:
- ✓ Housing Department:
- ✓ Law Centre/Solicitor:
- ✓ Women's Refuge/ Support Service:
- ✓ District Court:
- ✓ Rape Crisis Centre:

### Step Three:

Collect together the following items. **Hide them somewhere you can get to them in a hurry.**

- ✓ Enough money to get to a safe place by bus or taxi;
- ✓ An extra set of keys for your home;
- ✓ An extra set of keys for your car;
- ✓ Extra clothes for you and your children.

**It may be a good idea to put them in a bag and store it with a friend.**

### Step Four:

Think about where you can find these items in a hurry. **Have a bag ready.**

- ✓ School uniforms and some of your children's things;
- ✓ Essential medicines;
- ✓ The health board and social welfare require personal identification and evidence to assess your entitlement, e.g.:
- ✓ Any court orders
- ✓ Claim's book
- ✓ Marriage certificate
- ✓ Bank details
- ✓ RSI/PPS card
- ✓ Medical card
- ✓ Birth certificates
- ✓ Pay slips

### Step Five:

If you can, discuss your Safety Plan with a trusted friend so they can support you if you need to put it into action. Keep your safety plan in a safe place. Ideally, somewhere you can get it quickly if you need to leave in a hurry.