

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>REPUBLIC OF IRELAND</b>			
<b>Nationwide</b>	<p><b>Child Abuse Concerns 01676-7960</b>                      Helpline Mon - Fri 9am - 5pm                      Helpline for parents and members of the public who may be concerned about the welfare of a child</p> <p><b>Missing Child Helpline 116-000</b>                      24 hour helpline for missing children.</p>	<p>Irish Society for the Prevention of Cruelty to Children                      Nationwide</p>	<p><a href="http://www.ispcc.ie">www.ispcc.ie</a>  <a href="mailto:ispcc@ispcc.ie">ispcc@ispcc.ie</a></p>
<b>Nationwide</b>	<p><b>Helpline 1800-778-888 24 hours</b>                      We were established in 1979 as a national organisation offering a wide range of services to men and women who are affected by rape, sexual assault, sexual harassment or childhood sexual abuse.                      One to one counselling                      Group counselling for Women                      Group counselling for men  <a href="mailto:counselling@rcc.ie">counselling@rcc.ie</a>                      Accompaniment to (SATU) (Sexual Assault Treatment Unit)                      Court accompaniment                      Advice &amp; support for family - friends.</p>	<p>The Dublin Rape Crisis Centre                      Nationwide                      3531-661-4911 Office</p>	<p><a href="http://www.drcc.ie">www.drcc.ie</a>  <a href="mailto:rcc@indigo.ie">rcc@indigo.ie</a></p>
<b>Nationwide</b>	<p><b>Helpline 1800-341-900</b>                      Helpline open 10am - 10pm 7 Days                      Helpline closed on Christmas Day                      We have been working to stop domestic violence in Ireland since 1974. Call our helpline if you need help, advice or information.</p>	<p>Women's Aid Ireland                      Nationwide                      1800-341-900 Office / Helpline  <a href="http://www.womensaid.ie/services/local.html">www.womensaid.ie/services/local.html</a></p>	<p><a href="http://www.womensaid.ie">www.womensaid.ie</a>  <a href="mailto:info@womensaid.ie">info@womensaid.ie</a></p>
<b>Athlone</b>	<p><b>Helpline 1800-306-600</b>                      We provide a FREE professional counselling service to males and females who have experienced rape, sexual abuse or any form of sexual abuse.                      Face to face counselling - this could be crisis counselling, short term counselling and long term psycho - therapy. Court accompaniment                      Outreach services by appointment in Lonford and Mullingar.</p>	<p>Athlone (Midland) Rape Crisis Centre                      Suites 5 &amp; 6 Townhouse Centre                      St Mary's Square                      Athlone                      County Westmeath                      09064-73862 Office</p>	<p><a href="http://www.amrcc.ie">www.amrcc.ie</a>  <a href="mailto:amrcc@eircom.net">amrcc@eircom.net</a></p>
<b>Boyle</b>	<p><b>Helpline 07196-64200</b>                      We are a non profit organisation that offers information, support and counselling to women who have</p>	<p>Roscommon SAFE Link                      Boyle                      County Roscommon                      07196-64200 Office / Helpline</p>	<p><a href="http://www.roscommonsafelink.com/">www.roscommonsafelink.com/</a></p>

experienced domestic violence or abusive situations.  
Immediate crisis response  
Advocacy and accompaniment to Gardai, legal Aid, social services.  
Individual and group support and counselling both in house and through our outreach clinics  
Ongoing individual and group therapy for women recovering from violent relationships.

<b>Bray</b>	<b>Helpline 01286-6163 24 Hours</b> We are a voluntary organisation established in 1978 to work towards combating the social effects of domestic violence by providing support and relevant information for women regardless of whether they are a resident in our refuge or not. Emergency accomodation Social welfare support service Paralegal assistance Court accompaniment Medical support and referral Outreach service to community Drop-in service - FREE info and help Support groups available, please call for more details.	Bray Women's Refuge Bray County Wicklow 08680-36595 Office / Outreach <a href="http://www.womensaid.ie/services/local.html">www.womensaid.ie/services/local.html</a> <a href="http://www.braywomensrefuge.com/">www.braywomensrefuge.com/</a>	<a href="mailto:bwr@eircom.net">bwr@eircom.net</a>
<b>Carlow</b>	<b>Helpline 1800-727-737</b> We offer FREE and confidential in a safe environment to survivors of sexual violence and abuse. Counselling and support Advocacy and a trained person to accompany you to Gardai, the court or to the doctor or a (SATU) (Sexual Assault Treatment Unit)	Carlow & South Leinster Rape Crisis Centre 72 Tullow Street Carlow 05991-33344 Office	<a href="http://www.carlowrapecrisis.ie">www.carlowrapecrisis.ie</a> <a href="mailto:info@carlowrapecrisis.ie">info@carlowrapecrisis.ie</a>
<b>Carlow</b>	<b>Helpline 1800-444-944</b> We are a voluntary organisation providing support and information for adult women expeiriencing domestic violence who who have experienced it in the past. One to one support by appointment Drop-in service, call for details Court advocacy and accompaniment Counselling available Outreach - meeting to take place on a mutually agreed safe space basis.	Carlow Women's Aid Carlow County Carlow 05991-73552/3 Office / Drop-in <a href="http://www.womensaid.ie/services/local.html">www.womensaid.ie/services/local.html</a> <a href="http://www.womensaid.ie/services/local/carlow/">www.womensaid.ie/services/local/carlow/</a>	<a href="mailto:info@carlowwomensaid.ie">info@carlowwomensaid.ie</a>
<b>Castlebar</b>	<b>Helpline 09490-25409</b> Emergency accomodation for women and their children who are experiencing domestic violence Transitional supported housing Resettlement support Support and services for children	Mayo Women's Support Services Castlebar County Mayo 09490-25409 Office / Helpline <a href="http://www.mayowomenssupportservices.com">www.mayowomenssupportservices.com</a>	<a href="mailto:mwss@eircom.net">mwss@eircom.net</a>

Counselling (referral service)  
Court accompaniment  
Outreach services in County Mayo  
Support groups available, please  
call helpline for more details

**Clonmel**

**Helpline 1800-340-340**  
Our counselling service is FREE  
and confidential to any survivor of  
rape and child sexual abuse male  
or female, or to anyone affected by  
any form of sexual violence.  
Long or short term counselling  
Outreach offices in Carrick on Suir  
and Cashel and by appointment  
only in Thurles and Tipperary Town.

Tipperary Rape Crisis and  
Counselling Centre  
20 Mary Street  
Clonmel  
County Tipperary  
1800-340-340 Office / Helpline  
[www.tipperaryrapecrisisandcounsellingcentre.com](http://www.tipperaryrapecrisisandcounsellingcentre.com)

[trcc@eircom.net](mailto:trcc@eircom.net)

**Cork**

One to one support and counselling  
service for women who are affected  
by and experiencing domestic abuse

Cork Domestic Violence Project  
Cork  
02142-7756-78 Office

[www.oss cork.ie/](http://www.oss cork.ie/)

**Cork**

**Helpline 02142-776-98 24 Hours**  
Since March 1977 we have been  
supporting families affected by  
domestic violence. Our refuge  
consists of 6 self contained family  
units with an aim to provide a safe  
environment for those fleeing their  
homes due to violence and abuse.  
The Refuge is a 24 Hour facility  
Children's services and play therapy  
Emotional and practical support  
Court and other accompaniments  
Advocacy and outreach services  
Women's support groups, please  
call for more details.

Cuanlee Refuge  
Kyrils Quay  
Cork  
02142-77698 Office / Refuge

[www.cuanleerefuge.org/](http://www.cuanleerefuge.org/)  
[cuanleerefuge@hotmail.com](mailto:cuanleerefuge@hotmail.com)

**Cork**

**Helpline 02142-74240 Refuge**  
We are a residential centre for girls,  
women and children who are home-  
less due to domestic violence/abuse.  
Emergency refuge accomodation  
Medium term accomodation

Edel House  
Cork  
02142-74240 Office / Refuge  
[www.womensaid.ie/services/local.html](http://www.womensaid.ie/services/local.html)  
[www.womensaid.ie/services/local/cork/](http://www.womensaid.ie/services/local/cork/)

[edelhouse@gsscork.ie](mailto:edelhouse@gsscork.ie)

**Cork**

**Helpline 1800-496-496 24 Hours**  
For over 30 years we have been  
providing sevicees to those affected  
by sexual violence in any form. Our  
sevicees are FREE and confidential.  
We have access to a (SATU) . These  
are specialist units based in  
hospitals where forensic exams  
are carried out.  
One to one counselling and support  
for families and friends.  
Accompaniment to Gp, hospital,  
clinics, Garda station or to court  
Help with Victim Impact Reports  
Interpreters are available as required

Sexual Violence Centre - Cork  
5 Camden Place  
Cork  
02145-05577 Office

[www.sexualviolence.ie](http://www.sexualviolence.ie)

<b>Drogheda</b>	<p><b>Helpline 04198-44550</b>          Helpline 24 Hours 365 days a year          Emergency accomodation for women and their children who are fleeing domestic violence.          Transitional housing service          Counselling service          Childrens service          Outreach service in Co. Louth          Court accompaniment</p>	<p>Drogheda Women &amp; Children's Refuge          Drogheda          Co Louth          01498-44550 Office / Helpline</p>	<p><a href="http://www.droghedarefuge.org">www.droghedarefuge.org</a>  <a href="mailto:carrie@droghedarefuge.org">carrie@droghedarefuge.org</a></p>
<b>Dublin</b>	<p><b>Helpline 01867-0701 24 Hours</b>  <a href="mailto:helpline@aoibhneas.org">helpline@aoibhneas.org</a>          Our refuge was established in 1988. At that time we had only a three bed room flat to offer to victims. On April 21st 1997 the purpose built Aoibhneas Women's Refuge was opened by President Mary Robinson.          Emergency refuge accomodation          Drop-in service for help and support          Outreach services          Advocacy advice and referrals          Childcare team          Court accompaniment          Post Refuge Support.</p>	<p>Aoibhneas Women's Refuge          Dublin          01867-0805 Office</p>	<p><a href="http://www.aoibhneas.ie">www.aoibhneas.ie</a>  <a href="mailto:manager@aoibhneas.org">manager@aoibhneas.org</a></p>
<b>Dublin</b>	<p><b>Support group Strength in Numbers</b>          for women who are or have been affected by domestic violence.          This 10 week structured programme is available in the Dublin 12 area.          Please call for details.</p>	<p>Dublin 12 Domestic Violence Service          PO Box 11713          Crumlin          Dublin 12          01400-2088 Office</p>	<p><a href="http://www.d12dvs.ie">www.d12dvs.ie</a>  <a href="mailto:admin@d12dvs.ie">admin@d12dvs.ie</a></p>
<b>Dublin</b>	<p><b>Helpline 01400-2080 / 01400-2085</b>          Helpline Mon - Fri, 9am - 2pm          We at Dublin 12 DVS provide a non-judgement confidential helpline offering support to women who are experiencing violence/abuse in their home. FREE and confidential one to one support service by appointment only through the helpline.          Court accompaniment and support          Information and support in Dublin 12 area with our service open to all who are experiencing domestic abuse.          Support group -Strength in Numbers for women who are or have been affected by domestic violence.          This 10 week structured programme is available in the Dublin 12 area.          Please call for details.</p>	<p>Dublin 12 Domestic Violence Service          PO Box 11713          Crumlin          Dublin 12          01400-2088 Office</p>	<p><a href="http://www.d12dvs.ie">www.d12dvs.ie</a>  <a href="mailto:admin@d12dvs.ie">admin@d12dvs.ie</a></p>
<b>Dublin</b>	<p><b>Advice line 01454-5239</b>          Helpline Mon - Fri, 9am - 5pm          Providing safety information and practical support for women and their children who are experiencing domestic abuse and violence.</p>	<p>Inchicore Outreach - Violence Against Women          Dublin          01454-5239 Office and Advice  <a href="http://www.womensaid.ie/services/local/dublin/">www.womensaid.ie/services/local/dublin/</a></p>	<p><a href="mailto:inch.outreach@hotmail.com">inch.outreach@hotmail.com</a></p>

Support and counselling referrals  
Child related support and services  
Court and other accompaniments  
Advocacy and outreach service  
Support groups available

**Dublin**

**Advice line 01662-4070**

Monday - Friday, 9.30am - 5.30pm  
We professionally support both men and women who have experienced any form of sexual violence.

Research has shown that ONE IN FOUR children in Ireland will experience sexual abuse before the age of 18. Despite well publicized scandals and Reports many Irish people remain unable to respond to the problem. Our determined aim is to raise awareness and create social change. We offer a safe space where you can share your feelings thoughts and experiences with a professional psychotherapist who will help you face what you have experienced.

Psychotherapy groups also available

Specialist groups: for those with particular difficulties arising from sexual violence such as addictions or eating disorders.

Accompaniment to court and to other related appointments.

One In Four  
2 Holles Street  
Dublin 2  
01662-4070 Office / Counselling

[www.oneinfour.ie](http://www.oneinfour.ie)  
[info@oneinfour.ie](mailto:info@oneinfour.ie)

**Dublin**

**Helpline 01496-1002 24 Hours**

We provide crisis accomodation, information and support services to women and their children who are victims of domestic violence.

24 Hour emergency refuge  
Safety planning & practical support  
Counselling and referrals  
Child services and support  
Court and other accompaniments  
Outreach services and advocacy.

Rathmine's Women's Refuge  
Dublin  
01496-1002 Office / Helpline  
[womensrefugerathmines@hse.ie](mailto:womensrefugerathmines@hse.ie)  
[www.womensaid.ie/services/local/dublin/](http://www.womensaid.ie/services/local/dublin/)

**Dublin**

**Helpline 01463 -0000 24 hours**  
[helpline@saoirsewomensrefuge.ie](mailto:helpline@saoirsewomensrefuge.ie)

Our mission is to address and combat the crime of domestic abuse and violence by providing a safe, supportive and confidential space and environment for women and their children affected by domestic abuse

24 Hour refuge accomodation  
One to one support  
Therapeutic palyroom on site  
Outreach services providing support and pratical help plus court and other accompaniment to women

Saoirse Women's Refuge  
PO Box 10819  
Dublin  
01463-0000 Office / Helpline  
[admin@saoirsewomensrefuge.ie](mailto:admin@saoirsewomensrefuge.ie)

[www.saoirsewomensrefuge.ie](http://www.saoirsewomensrefuge.ie)

in the community who can not come to the refuge.

<b>Dublin</b>	<p><b>Helpline 1800-778-888 24 hours</b> We were established in 1979 as a national organisation offering a wide range of services to men and women who are affected by rape, sexual assault, sexual harassment or childhood sexual abuse. One to one counselling <a href="mailto:counselling@rcc.ie">counselling@rcc.ie</a> Accompaniment to (SATU) (Sexual Assault Treatment Unit) Court accompaniment Advice &amp; support for family - friends</p>	<p>The Dublin Rape Crisis Centre 70 Lower Leeson Street Dublin 2 3531-661-4911 Office</p>	<p><a href="http://www.drcc.ie">www.drcc.ie</a> <a href="mailto:rcc@indigo.ie">rcc@indigo.ie</a></p>
<b>Dublin</b>	<p><b>Helpline 01866-2015 Refuge</b> Sonas offers support, refuge and housing to women and children made homeless because of domestic / gender based violence. Our refuge Viva House opened in the Fingal area in June 2010. We have 8 self contained units for women and children in crisis situations because of domestic violence. There are dedicated support workers for women and also dedicated workers for children. Transitional housing service Court and other accompaniment Ongoing support and aftercare.</p>	<p>Viva House Women's Refuge Fingal Dublin 01866-2015 Office / Refuge</p>	<p><a href="http://www.sonashousing.ie">www.sonashousing.ie</a> <a href="mailto:vivahouse@sonashousing.ie">vivahouse@sonashousing.ie</a></p>
<b>Dundalk</b>	<p><b>Helpline 1800-212-122 Freephone</b> We are a unique and specialist counselling and support service for women, men and teenagers who have suffered as a result of rape, sexual assault, sexual harassment, childhood sexual abuse, adult sexual abuse or any form of a sexual violence act. We are based in Dundalk with an outreach service in Drogheda. We provide a range of intervention support services to survivors within Louth, Meath, Monaghan and Cavan. Counselling &amp; therapy for Adults Counselling &amp; therapy for teens 14+ Court attendance &amp; accompaniment Medical accompaniment to (SATU) (Sexual Assault Treatment Unit) Garda interview accompaniment Help for family &amp; Supporters.</p>	<p>Rape Crisis North East 59A Anne Street Dundalk County Louth 0429-381-968 Office</p>	<p><a href="http://www.rcne.ie">www.rcne.ie</a> <a href="mailto:info@rcne.ie">info@rcne.ie</a></p>
<b>Dundalk</b>	<p><b>Helpline 04293-33244</b> <b>Refuge 04293-37202</b> Open 24 hours 365 days a year Emergency accommodation for</p>	<p>Women's Aid Dundalk Dundalk County Louth 04293-33245 Office</p>	

women and children fleeing a domestic violence situation.  
Transitional housing services  
Childrens services  
Outreach services in Co. Louth  
Court accompaniments

[www.womensaid.ie/services/local/louth/](http://www.womensaid.ie/services/local/louth/)

<b>Ennis</b>	<b>Helpline 06568-22435 24 Hours</b> We aim to provide support and offer information to women who are experiencing domestic violence. Emergency refuge accomodation Drop-in Centre Mon - Fri 9am - 5pm Outreach clinics in Shannon, Kilrush, Killaloe and Scariff. Court and other accompaniments.	Clare Haven Services Ennis Co Clare 06568-42646 Office / Drop-in	<a href="http://www.clarehaven.ie">www.clarehaven.ie</a> <a href="mailto:clientcare@clarehaven.ie">clientcare@clarehaven.ie</a>
<b>Ennis</b>	<b>Helpline 1800-311-511</b> Counselling with Rape Crisis Midwest takes place in a safe and supportive environment where you can begin to make sense of your thoughts, emotions and feelings. All counsellors are fully trained to work with survivors of sexual violence. Please call for more info on our services in Limerick, Nenagh and our outreach office in Ennis.	Rape Crisis Midwest Ennis County Clare 0613-11511 Office.	<a href="http://www.rapecrisis.ie">www.rapecrisis.ie</a> <a href="mailto:info@rapecrisis.ie">info@rapecrisis.ie</a>
<b>Galway</b>	<b>Helpline 01956-5985 Refuge</b> Helpline / Refuge 24 hours 7 days Waterside House provides secure emergency accomodation for women and children experiencing domestic violence. An outreach services is provided from the centre One to one and group work with children using the refuge and the outreach service. Court accompaniment Counselling.	COPE - Waterside House Women's Refuge Galway 01956-5985 Office / Refuge.	<a href="http://www.copegalway.ie">www.copegalway.ie</a> <a href="mailto:info@copegalway.ie">info@copegalway.ie</a>
<b>Galway</b>	<b>Helpline 1800-355-355</b> We are dedicated to providing professional, caring and confidential counselling and support services for those in our community affected by sexual abuse and sexual violence. Drop-in service - Mon - Fri 10 - 1pm Counselling services Advocacy & accompaniment service Accompaniment to (SATU) (Sexual Assault Treatment Unit) Advice for supporter of survivors Survivors Support groups.	Galway Rape Crisis Centre "The Lodge" Forster Court Galway City 09056 4800 Office	<a href="http://www.galwayrcc.org">www.galwayrcc.org</a> <a href="mailto:coordinator@galwayrcc.org">coordinator@galwayrcc.org</a>
<b>Inishowen</b>	<b>Helpline 07493-73232</b> Helpline Mon - Fri, 10am - 10pm Support and advocacy for women	LifeLine - Domestic Violence Service Inishowen	<a href="http://www.ldvs.org">www.ldvs.org</a> <a href="mailto:support@ldvs.org">support@ldvs.org</a>

who are affected by domestic abuse  
Court accompaniment  
Outreach services  
Counselling for women & children  
Drop-in service, call helpline for  
dropin in location and times.

County Donegal  
07493-73232 Office / Helpline

<b>Kildare</b>	<b>Helpline 04552-7584</b> Mon - Fri, 9am - 5 pm & 7pm - 9pm Saturdays 12 noon to 2pm Teach Tearmainn is soon to offer Kildares first refuge for women and children who have suffered domestic violence. In the meantime we offer Support and information Counselling Outreach services Support groups available Please call for update on the refuge (This entry posted December 2013)	Teach Tearmainn Kildare 04552-7584 Office / Helpline <a href="http://www.womensaid.ie/services/local.html">www.womensaid.ie/services/local.html</a> <a href="http://www.womensaid.ie/services/local/kildare/">www.womensaid.ie/services/local/kildare/</a>	<a href="mailto:jcarey@teachtearmainn.ie">jcarey@teachtearmainn.ie</a>
<b>Kilkenny</b>	<b>Helpline 1850-424-244 24 Hours</b> Amber is Kilkenny Women's Refuge and Support Service. We work with women and children affected by domestic violence by providing: Emergency accomodation Counselling is available Court accompaniment Outreach services across Kilkenny.	Amber - Kilkenny Women's Refuge Kilkenny 05677-71404 Office	<a href="http://www.kilkennywomensrefuge.ie">www.kilkennywomensrefuge.ie</a> <a href="mailto:kwrp@eircom.net">kwrp@eircom.net</a>
<b>Kilkenny</b>	<b>Helpline 1800-478-478</b> We provide a safe, non judgemental and discreet space for male and female survivors of childhood sexual abuse, rape, sexual assault and sexual harassment to begin to heal. FREE long or short term counselling on a one to one basis irrespective of when the abuse / incident happened recently or year ago. Support counselling - family / friends Accompaniment to Gardai, to the doctor or through the courts.	Kilkenny Rape and Sexual Abuse Counselling Centre 1 Golfview Terrace Grange Road Kilkenny 05677-51555 Office	<a href="http://www.kilkennyrcc.com">www.kilkennyrcc.com</a> <a href="mailto:kkrcc@eircom.net">kkrcc@eircom.net</a>
<b>Leitrim</b>	<b>Helpline 07191-41515</b> A FREE and confidential support service for women expeiriencing domestic abuse in their relationship. We have two centres one in Sligo and one in Carrick on Shannon. If you can not get to our centres then our support worker can meet you in a safe meeting place ( not in your home). Accompaniment at court & advocacy One to one support throughout.	Domestic Violence & Advocacy Service Leitrim 07191-41515 Office / Helpline <a href="http://www.womensaid.ie/services/local.html">www.womensaid.ie/services/local.html</a> <a href="http://www.womensaid.ie/services/local/leitrim/">www.womensaid.ie/services/local/leitrim/</a>	<a href="mailto:infodvas@eircom.net">infodvas@eircom.net</a>
<b>Leitrim</b>	<b>Helpline 1800-750-780</b> Our centre provides FREE, safe	Rape Crisis and Sexual Abuse Counselling Centre	<a href="http://www.srcc.ie">www.srcc.ie</a> <a href="mailto:info@srcc.ie">info@srcc.ie</a>



and confidential space for survivors of child sexual abuse, rape and sexual assault, where adults and young people, male and female, can explore and access support with the legacy of issues resulting from their traumatic experiences.  
Ongoing face to face counselling  
Crisis counselling  
Information and advocacy services  
Support groups for survivors.  
Serving Sligo, Leitrim and West Cavan.

Leitrim  
1800-750-780 Office / Helpline

**Letterkenny**  
Co. Donegal

**Local Helpline 07491-28211**  
**Freephone 1800-448-844**  
We are a voluntary organisation providing FREE support and counselling services to both male and female survivors of rape and sexual violence in Donegal.  
Sexual Assault Treatment Unit offering medical & forensic care.  
Face to face counselling  
Court accompaniment  
Outreach services in Inishowen, Donegal Town and Gaelteacht areas.  
See website for more details.

Donegal Sexual Abuse and Rape Crisis Centre  
Letterkenny  
County Donegal  
07491-28211 Office / helpline

[www.donegalrapecrisis.ie](http://www.donegalrapecrisis.ie)  
[rapecrisis@eircom.net](mailto:rapecrisis@eircom.net)

**Letterkenny**

**Helpline 1800-262-677**  
24 Hour 365 day helpline  
Emergency accommodation for women and their children who are fleeing domestic violence.  
Court accompaniment  
Outreach service across Donegal  
Domestic violence clinic service  
Legal, housing & benefit information  
Counselling support.

Donegal Women's Domestic Violence Service  
PO Box 55  
Letterkenny  
1800-262-677 Office / Helpline  
[www.donegaldomesticviolenceservice.ie](http://www.donegaldomesticviolenceservice.ie)

[ddvs@eircom.net](mailto:ddvs@eircom.net)

**Limerick**

**Helpline 1800-311-511**  
Counselling with Rape Crisis  
Midwest takes place in a safe and supportive environment where you can begin to make sense of your thoughts, emotions and feelings.  
All counsellors are fully trained to work with survivors of sexual violence. Please call for more info on our services in Limerick, Nenagh and our outreach office in Ennis.

Rape Crisis Midwest  
Phoenix House  
Punch's Close  
Rosbrien Road  
Limerick  
0613-11511 Office

[www.rapecrisis.ie](http://www.rapecrisis.ie)  
[info@rapecrisis.ie](mailto:info@rapecrisis.ie)

**Longford**

**Helpline 04333-41511**  
Helpline Mon - Fri, 8am - 6pm  
We are a women's centre based in Longford, County Longford. We talk and counsel women one to one or in groups. We have a rural outreach service in county Longford.  
Court accompaniments

Longford Women's Link  
Longford  
County Longford  
04333-41511 Office / Helpline

[www.longfordwomenslink.org](http://www.longfordwomenslink.org)  
[info@longfordwomenslink.org](mailto:info@longfordwomenslink.org)

Support groups available

<b>Monaghan</b>	<b>Helpline 0477-2311</b> Tearmann is an Irish word meaning "Sancturay". We offer a secure and caring environment where a women can feel free to tell her story. Drop-In service or appointment based visits. Crisis counselling Advocacy and accompaniment to court and related appointments. Children's services Outreach services in Monaghan Support groups available.	Tearmann Domestic Abuse Service Monaghan County Monaghan 0477-2311 Office / Helpline	<a href="http://www.tearmann.net">www.tearmann.net</a> <a href="mailto:tearmanndvs@eircom.net">tearmanndvs@eircom.net</a>
<b>Mullingar</b>	<b>Helpline 04493-33868</b> Helpline 24 hour service We work towards the elimination of violence and abuse in all forms by providing an impartial & confidential information and support service. Referral service Advocacy and court accompaniment Outreach services Support groups available.	Westmeath Support Service Mullingar County Westmeath 04493-33868 Office / Helpline	<a href="http://www.westmeathsupport.ie">www.westmeathsupport.ie</a> <a href="mailto:westmeathsupport@eircom.net">westmeathsupport@eircom.net</a>
<b>Navan</b>	<b>Helpline 04690-22393</b> Helpline 24 Hours 365 days a year We were established to provide information, crisis accommodation, counselling, outreach support and transitional housing services to women and their children who are experiencing all forms of abuse. We also proved services for children.	Meath Women's Refuge and Support Services Navan County Meath 04690-22393 Office / Helpline	<a href="http://www.womensaidmeath.ie">www.womensaidmeath.ie</a> <a href="mailto:mwrefuge@eircom.net">mwrefuge@eircom.net</a>
<b>Nenagh</b> County Tipperary	<b>Helpline 1800-541-122</b> Counselling with Rape Crisis Midwest takes place in a safe and supportive environment where you can begin to make sense of your thoughts, emotions and feelings. All counsellors are fully trained to to work with survivors of sexual violence. Please call for more info on our services in Limerick, Nenagh and our outreach office in Ennis.	Rape Crisis Midwest 2 Silverview Nenagh County Tipperary 0674-1122	<a href="http://www.rapecrisis.ie">www.rapecrisis.ie</a> <a href="mailto:info@rapecrisis.ie">info@rapecrisis.ie</a>
<b>Newtown</b> <b>Castlebar</b>	<b>Helpline 1800-234-900</b> We aim to provide a safe and anonymous, confidential space for women who have experienced any form of sexual violence recently or in the past. Please call for more details of our services.	The Mayo Rape Crisis Centre Newtown, Castlebar County Mayo 09490-25657 Office	<a href="http://www.mayorapecrisiscentre.ie">www.mayorapecrisiscentre.ie</a> <a href="mailto:mayorcc@eircom.net">mayorcc@eircom.net</a>
<b>Oughterard</b>	<b>Helpline 09186-6740</b> <b>Mobile 08777-379-57</b> Hours Mon - Fri, 10am - 5pm We are a rural based, community -	Domestic Violence Response The Courtyard Main Street Oughterard	<a href="mailto:dvr@indigo.ie">dvr@indigo.ie</a>

led project responding to the issue of domestic violence in Co Galway. One to one support and counselling  
Transport to a refuge  
Court accompaniment and to the Gardai and solicitors plus help understanding the legal system.  
Support groups available for women who have left their relationship.

County Galway  
09186-6740 Office / Helpline  
[www.domesticviolenceresponse.com](http://www.domesticviolenceresponse.com)

**Portlaoise**

**Helpline 05786-71100**  
Mon - Fri, 9.30-1pm & 2pm-4.30pm  
We work to provide support, information and advocacy to women experiencing domestic/relationship abuse, now or in the past.  
Referrals to a refuge  
One to one support at our Portlaoise centre, Court accompaniment, Counselling service  
A group support programme, please call for more details of our services.

Laois Domestic Abuse Service  
Portlaoise  
County Laois  
05786-71100 Office / Helpline  
[www.womensaid.ie/services/local.html](http://www.womensaid.ie/services/local.html)  
[www.womensaid.ie/services/local/laois/](http://www.womensaid.ie/services/local/laois/)

**Rosbrien**  
Co. Limerick

**Helpline 1800-200-504 24 Hours**  
We are a voluntary organisation set up in 1974 to provide a wide range of services and support to female survivors of domestic abuse and their children across Limerick Town and Limerick County.  
Emergency Refuge accomodation  
Dedicated support worker  
Outreach support across Limerick  
Child and Youth services  
Age appropriate services for children  
Court accompaniment  
Support group for domestic abuse survivors, call helpline for details.

Adapt Domestic Abuse Services  
rosbrien  
County Limerick  
0614-12354 Office.

[www.adaptservices.ie](http://www.adaptservices.ie)  
[info@adaptservices.ie](mailto:info@adaptservices.ie)

**Sligo**

**Helpline 1800-750-780**  
Our centre provides FREE, safe and confidential space for survivors of child sexual abuse, rape and sexual assault, where adults and young people, male and female, can explore and access support with the legacy of issues resulting from their traumatic experiences.  
Ongoing face to face counselling  
Crisis counselling  
Information and advocacy services  
Support groups for survivors.  
Serving Sligo, Leitrim and West Cavan.

Rape Crisis and Sexual Abuse  
Counselling Centre  
42 Castle Street  
Sligo  
07191-71188 Office

[www.srcc.ie](http://www.srcc.ie)  
[info@srcc.ie](mailto:info@srcc.ie)

**Sligo**

**Helpline 07191-41515**  
A FREE and confidential support service for women experiencing domestic abuse in their relationship. We have two centres one in Sligo

Domestic Violence & Advocacy Service  
Sligo  
07191-41515 Office / Helpline  
[www.womensaid.ie/services/local.html](http://www.womensaid.ie/services/local.html)  
[infodvas@eircom.net](mailto:infodvas@eircom.net)

and one in Carrick on Shannon. If you can not get to our centres then our support worker can meet you in a safe meeting place ( not in your home).  
Accompaniment at court & advocacy  
One to one support throughout.

[www.womensaid.ie/services/local/sligo/](http://www.womensaid.ie/services/local/sligo/)

**Southill**  
Co Limerick

The Project supports women who have experienced domestic violence and have taken the first step to improve their lives.  
Information and emotional support  
Court and other accompaniments  
Counselling and other referrals  
Outreach throughout Limerick Co.  
Support groups, please call for further details. Opening hours are Mon-Thurs 9am-5pm, Fri 9am-1-pm

Southill Domestic Abuse Project  
Southill  
County Limerick  
06131-3025 Office

[sdap@eircom.net](mailto:sdap@eircom.net)

[www.womensaid.ie/services/local.html](http://www.womensaid.ie/services/local.html)  
[www.womensaid.ie/services/local/limerick/](http://www.womensaid.ie/services/local/limerick/)

**Tipperary**  
North

**Helpline 0505-23999**  
Hours Mon - Fri, 9am - 5pm  
Support and information for women and their children affected by domestic abuse.  
Counselling is available  
Referrals to appropriate agencies  
Court advocacy / accompaniment  
Outreach services across the north of Tipperary County

Ascend Women's Support Services  
North Tipperary  
0505-23379 Office

[ascendservices@eircom.net](mailto:ascendservices@eircom.net)

[www.womensaid.ie/services/local.html](http://www.womensaid.ie/services/local.html)  
[www.womensaid.ie/services/local/tipperary/](http://www.womensaid.ie/services/local/tipperary/)

**Tipperary**  
South

**Helpline 1800-576-757 Freephone**  
Helpline 24 hours 365 days  
We were established in 1994 to offer support for women who were experiencing domestic violence.  
Today we can offer:  
Emergency refuge accomodation  
Drop in service for support & info  
Counselling is available  
Outreach across South Tipperary  
Court accompaniment  
After care support  
All services - Free and confidential

Cuan Saor Women's Refuge and Support Services  
South Tipperary  
05261-27557 Office / Drop in

[cuaansaor@eircom.net](mailto:cuaansaor@eircom.net)

[www.womensaid.ie/services/local.html](http://www.womensaid.ie/services/local.html)  
[www.womensaid.ie/services/local/tipperary/](http://www.womensaid.ie/services/local/tipperary/)

**Tralee**

**Helpline 06671-29100 24 Hours**  
Emergency refuge accomodation  
Court accompaniment  
Outreach across Kerry  
Help with legal matters, welfare and alternative accomodation.

Adapt Kerry Refuge  
Tralee  
County Kerry  
06671-29100 Office / Helpline

[www.kerryrefuge.com](http://www.kerryrefuge.com)  
[kerryrefuge@eircom.net](mailto:kerryrefuge@eircom.net)

**Tralee**

**Helpline 1800-633-333**  
Established in 1992 we provide professional, confidential FREE counselling services to both male and female survivors of rape, sexual assault, Marital rape, incest, child sexual abuse and all forms of sexual violence.

Kerry Rape and Sexual Abuse Centre  
5 Greenview Terrace  
Princes Quay  
Tralee  
County Kerry  
06671-20247 Office

[krcc@eircom.net](mailto:krcc@eircom.net)

[www.facebook.com/krsacentre](http://www.facebook.com/krsacentre)

Telephone / face to face counselling  
Support with medical/legal matters  
Court accompaniment  
Advocacy and outreach in Killarney,  
Dingle and Listowel.  
Support counselling for supporters  
Support groups available please  
call for group details.

**Tullamore**

**Helpline 05793-51886**

Mon - Fri 10am -2pm & 2pm - 4pm  
Our mission is to provide support  
and services for victims of domestic  
violence.

Support and information at our  
Drop-in centre Mon - Fri 9.30-4.30  
Outreach services  
Advocacy and court accompaniment  
Referrals to other agencies  
Referrals welcome from male victims

Offaly Domestic Violence  
Support Service  
Tullamore  
County Offaly  
05793-51796 Office

[www.odvss.ie](http://www.odvss.ie)  
[info@odvss.ie](mailto:info@odvss.ie)

**Tullamore**

**Helpline 1800-323-232**

We provide services for those who  
have been affected by rape or sexual  
abuse. Please call our helpline for  
details of our services.

Regional Sexual Abuse & Rape  
Crisis Centre  
4 Harbour View  
Store Street  
Tullamore  
County Offaly  
1800-323-232 Office / Helpline

[tullamorercc@eircom.net](mailto:tullamorercc@eircom.net)

[www.drcc.ie/get-help-and-information/centres-around-ireland/](http://www.drcc.ie/get-help-and-information/centres-around-ireland/)

**Waterford**

**Helpline 1890-264-364 24 Hours**

Oasis House provides a safe  
supported place for women with or  
without children who are victims of  
domestic violence.

Emergency accommodation  
Advocacy and practical support  
Supported transitional housing  
Court and other accompaniments  
Outreach services across Waterford  
Access to professional counselling.

Oasis House Women's Refuge  
Waterford  
County Waterford  
05137-0367 Office

[oasishouse2@eircom.net](mailto:oasishouse2@eircom.net)

[www.womensaid.ie/services/local.html](http://www.womensaid.ie/services/local.html)  
[www.womensaid.ie/services/local/waterford/](http://www.womensaid.ie/services/local/waterford/)

**Waterford**

**Helpline 1800-296-296 24 Hours**

Since 1984 we have been providing  
services for those affected by any  
kind of sexual violence whether it  
happened yesterday or years ago.

Crisis and ongoing counselling /  
therapy provided by specially trained  
professionals.

Support at the (SVTU) provided by  
trained volunteers. (Sexual Violence  
Treatment Unit)

Counselling service in Dungarvan  
every Thursday. Our services are for  
those 18+, we can only see under  
18's with the permission of a parent  
or if they have been referred by a  
social worker.

Waterford Rape and Sexual  
Abuse Centre  
2A Waterside  
Waterford  
05185-0717 Office

[www.waterfordrsac.ie](http://www.waterfordrsac.ie)  
[info@waterfordrsac.ie](mailto:info@waterfordrsac.ie)

<b>West Cavan</b>	<p><b>Helpline 07191-41515</b>  A FREE and confidential support service for women experiencing domestic abuse in their relationship. We have two centres one in Sligo and one in Carrick on Shannon. If you can not get to our centres then our support worker can meet you in a safe meeting place ( not in your home).  Accompaniment at court &amp; advocacy  One to one support throughout.</p>	<p>Domestic Violence &amp; Advocacy Service  West Cavan  07191-41515 Office / Helpline  <a href="http://www.womensaid.ie/services/local.html">www.womensaid.ie/services/local.html</a>  <a href="http://www.womensaid.ie/services/local/cavan/">www.womensaid.ie/services/local/cavan/</a></p>	<p><a href="mailto:infodvas@eircom.net">infodvas@eircom.net</a></p>
<b>West Cavan</b>	<p><b>Helpline 1800-750-780</b>  Our centre provides FREE, safe and confidential space for survivors of child sexual abuse, rape and sexual assault, where adults and young people, male and female, can explore and access support with the legacy of issues resulting from their traumatic experiences.  Ongoing face to face counselling  Crisis counselling  Information and advocacy services  Support groups for survivors.  Serving Sligo, Leitrim and West Cavan.</p>	<p>Rape Crisis and Sexual Abuse Counselling Centre  West Cavan  07191-71188 Office</p>	<p><a href="http://www.srcc.ie">www.srcc.ie</a>  <a href="mailto:info@srcc.ie">info@srcc.ie</a></p>
<b>Wexford</b>	<p><b>Helpline 1800-330-033 Freephone Mobile (086) 172-4608</b>  We offer counselling to both men and women and young people aged 16 plus who have experienced rape, sexual assault, past childhood sexual abuse or any kind of sexual trauma in their lives. The first ten counselling sessions are FREE.  We have outreach services in Wexford, Enniscorthy, Gorey and New Ross.  Counselling support for friends and family. Accompaniment to GP, hospitals, clinics, Garda station or to the courts. We can prepare victim impact statements where required.</p>	<p>Wexford Rape and Sexual Abuse Support Services  10 Clifford Stree  Wexford  05391-22722 Office</p>	<p><a href="http://www.wexfordrapecrisis.com">www.wexfordrapecrisis.com</a>  <a href="mailto:clare@wexfordrapecrisis.com">clare@wexfordrapecrisis.com</a></p>
<b>Wexford</b>	<p><b>Helpline 05391-21876</b>  Our refuge is a purpose built communal facility providing 24 hour emergency accomodation for women and children who must leave their home due to domestic violence. We also offer court accompaniment and an outreach service to all areas of Wexford Co.  <b>The refuge is temporarily closed until December 31st 2013. Our helpline is still operating.</b></p>	<p>Wexford Women's Refuge  Wexford  05391-21876 Office / Helpline.</p>	<p><a href="http://www.wexfordwomensrefuge.ie">www.wexfordwomensrefuge.ie</a>  <a href="mailto:wexrefuge@eircom.net">wexrefuge@eircom.net</a></p>