

# National Association of Adult Survivors of Child Abuse [www.NAASCA.org](http://www.NAASCA.org)

Note: Please send corrections, additions and updates to: [maudnmildred@hotmail.com](mailto:maudnmildred@hotmail.com)

AREA COVERED	SERVICES INCLUDED	GROUP OR ORGANIZATION	WEB ADDRESS / EMAIL ADDRESS
<b>REPUBLIC OF IRELAND</b>			
Nationwide	<b>Head Office 01-243-2000</b> Helpline for parents and members of the public who may be concerned about the welfare of a child <b>Missing Child Helpline 116-000</b> 24 hour helpline for missing children.	Irish Society for the Prevention of Cruelty to Children Nationwide 01-243-2000 Head Office	<a href="http://www.ispcc.ie">www.ispcc.ie</a> <a href="mailto:ispcc@ispcc.ie">ispcc@ispcc.ie</a>
Nationwide	<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 & support for family - friends.	The Dublin Rape Crisis Centre Nationwide 01-661-4911 Office	<a href="http://www.drcc.ie">www.drcc.ie</a> <a href="mailto:info@rcc.ie">info@rcc.ie</a>
Nationwide	<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.	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>	<a href="http://www.womensaid.ie">www.womensaid.ie</a> <a href="mailto:info@womensaid.ie">info@womensaid.ie</a>
Athlone	<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.	Athlone (Midland) Rape Crisis Centre Suites 5 & 6 Townhouse Centre St Mary's Square Athlone County Westmeath 090-647-3862 Office	<a href="http://www.amrcc.ie">www.amrcc.ie</a> <a href="mailto:amrcc@eircom.net">amrcc@eircom.net</a>
Boyle	<b>Helpline 07196-64200</b> <b>Text Helpline 086-230-0353</b> We are a non profit organisation that offers information, support and counselling to women who have experienced domestic violence or abusive situations.	Roscommon SAFE Link Boyle County Roscommon 07196-64200 Office / Helpline	<a href="mailto:rslboyle@eircom.net">rslboyle@eircom.net</a>

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 01-286-6163 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 01-286-6163 Office / Helpline	<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 059-913-3344 Office	<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 expeiencing 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 059-917-3552 Office / Drop In	<a href="mailto:info@carlowwomensaid.ie">info@carlowwomensaid.ie</a>
<b>Castlebar</b>	<b>Helpline 1800-341-900</b> Emergency accomodation for women and their children who are experiencing domestic violence Transitional supported housing Resettlement support Support and services for children Counselling (referral service) Court accompaniment Outreach services in County Mayo Support groups available, please	Mayo Women's Support Services Castlebar County Mayo 094-902-5409 Office /	<a href="mailto:mwss@eircom.net">mwss@eircom.net</a>

call helpline for more details

<b>Clonmel</b>	<b>Helpline 1800-340-340</b> 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 052-612-7676 Office <a href="http://www.clonmelonline.com/tipperary-rape-crisis-centre/">www.clonmelonline.com/tipperary-rape-crisis-centre/</a>	<a href="mailto:trcc@eircom.net">trcc@eircom.net</a>
<b>Cork</b>	Helpline 1800-497-497 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	<a href="mailto:advice@oss cork.ie">advice@oss cork.ie</a>
<b>Cork</b>	<b>Helpline 021-427-7698 24 Hours</b> <a href="mailto:support@cuanleerefuge.org">support@cuanleerefuge.org</a> 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 021-427-7698 Office / Refuge	<a href="http://www.cuanleerefuge.org/">www.cuanleerefuge.org/</a> <a href="mailto:info@cuanleerefuge.org">info@cuanleerefuge.org</a>
<b>Cork</b>	<b>Helpline 021-427-4240 Refuge</b> We are a residential centre for girls, women and children who are homeless due to domestic violence/abuse. Emergency refuge accomodation Medium term accomodation	Edel House Cork 021-427-4240 Office / Refuge	<a href="mailto:edelhouse@gsscork.ie">edelhouse@gsscork.ie</a> <a href="mailto:edelhouse@goodshepherdservices.ie">edelhouse@goodshepherdservices.ie</a>
<b>Cork</b>	<b>Helpline 1800-496-496 24 Hours</b> <b>Text Helpline 0871-533-393</b> 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 1800-496-496 Office / Helpline	<a href="http://www.sexualviolence.ie">www.sexualviolence.ie</a> <a href="mailto:info@sexualviolence.ie">info@sexualviolence.ie</a>
<b>Drogheda</b>	<b>Helpline 041-984-4550</b> Helpline 24 Hours 365 days a year Emergency accomodation for	Drogheda Women & Children's Refuge Drogheda	<a href="http://www.droghedarefuge.org">www.droghedarefuge.org</a>

women and their children who are fleeing domestic violence.  
Transitional housing service  
Counselling service  
Childrens service  
Outreach service in Co. Louth  
Court accompaniment

Co Louth  
041-984-4550 Helpline / Refuge

<b>Dublin</b>	<p><b>Helpline 01-867-0701 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 01-867-0805 Office</p>	<p><a href="http://www.aoibhneas.ie">www.aoibhneas.ie</a> <a href="mailto:admin@aoibhneas.org">admin@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 01-400-2088 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 01-400-2080</b> <b>Helpline 01-400-2085</b> 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 appoint - ment 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 01-400-2088 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 01-454-5239</b> Helpline Mon - Fri, 9am - 5pm Providing safety information and practical support for women and their children who are experiencing domestic abuse and violence. Support and counselling referrals Child related support and services Court and other accompaniments Advocacy and outreach service Support groups available</p>	<p>Inchicore Outreach - Violence Against Women Dublin 01-454-5239 Office and Advice</p>	<p><a href="mailto:inch.outreach@hotmail.com">inch.outreach@hotmail.com</a></p>

<b>Dublin</b>	<p><b>Advice line 01-662-4070</b>  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.</p>	<p>One In Four  2 Holles Street  Dublin 2  01-662-4070 Office / Counselling  <a href="http://www.facebook.com/oneinfour.ie/">www.facebook.com/oneinfour.ie/</a></p>	<p><a href="http://www.oneinfour.ie">www.oneinfour.ie</a>  <a href="mailto:info@oneinfour.ie">info@oneinfour.ie</a></p>
<b>Dublin</b>	<p><b>Helpline 01-496-1002 24 Hours</b>  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 &amp; practical support  Counselling and referrals  Child services and support  Court and other accompaniments  Outreach services and advocacy.</p>	<p>Rathmine's Women's Refuge  Dublin  01-496-1002 Office / Helpline  <a href="mailto:womensrefugerathmines@hse.ie">womensrefugerathmines@hse.ie</a>  <a href="http://www.womensaid.ie/services/local/dublin/">www.womensaid.ie/services/local/dublin/</a></p>	
<b>Dublin</b>	<p><b>Helpline 01-463 -0000 24 hours</b>  <a href="mailto:helpline@sdvs.ie">helpline@sdvs.ie</a>  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 in the community who can not come to the refuge.</p>	<p>Saoirse Women's Refuge  PO Box 10819  Dublin  01-463-0400 Office</p>	<p><a href="mailto:admin@sdvs.ie">admin@sdvs.ie</a></p>
<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</p>	<p>The Dublin Rape Crisis Centre  70 Lower Leeson Street  Dublin 2  01-661-4911 Office</p>	<p><a href="http://www.drcc.ie">www.drcc.ie</a>  <a href="mailto:info@rcc.ie">info@rcc.ie</a></p>

women who are affected by rape,  
sexual assault, sexual harassment  
or childhood sexual abuse.

One to one counselling  
[counselling@rcc.ie](mailto:counselling@rcc.ie)

Accompaniment to (SATU)  
(Sexual Assault Treatment Unit)

Court accompaniment

Advice & support for family - friends

#### Dublin

**Helpline 01-866-2015 Refuge**  
**Text Helpline 0870-626-108**

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 works for children. Transitional housing service  
Court and other accompaniment  
Ongoing support and aftercare.

Viva House Women's Refuge

Fingal

Dublin

01-866-2015 Office / Refuge

[refuge@sonasdomesticabuse.ie](mailto:refuge@sonasdomesticabuse.ie)

#### Dundalk

**Helpline 1800-212-122 Freephone**

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 & therapy for Adults

Counselling & therapy for teens 14+

Court attendance & accompaniment

Medical accompaniment to (SATU)

(Sexual Assault Treatment Unit)

Garda interview accompaniment

Help for family & Supporters.

Rape Crisis North East

59A Anne Street

Dundalk

County Louth

042-933-9491 Office

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

[info@rcne.ie](mailto:info@rcne.ie)

#### Dundalk

**Helpline 042-933-3244**

**Refuge 042-933-7202**

Open 24 hours 365 days a year

Emergency accommodation for

women and children fleeing a

domestic violence situation.

Transitional housing services

Childrens services

Outreach services in Co. Louth

Court accompaniments

Women's Aid Dundalk

Dundalk

County Louth

042-933-3245 Office

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

#### Ennis

**Helpline 065-682-2435 24 Hours**

Clare Haven Services

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

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.

Ennis  
Co Clare  
065-684-2646 Office / Drop-in

[clientcare@clarehaven.ie](mailto:clientcare@clarehaven.ie)

**Ennis**

**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  
Ennis  
County Clare  
061-311-511 Office.

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

**Galway**

**Helpline 019-565-985 Refuge**  
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  
019-778-750 Head Office  
[www.facebook.com/COPEGalway/](http://www.facebook.com/COPEGalway/)  
[waterside@copegalway.ie](mailto:waterside@copegalway.ie)

[info@copegalway.ie](mailto:info@copegalway.ie)

**Galway**

**Helpline 1800-355-355**  
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  
091-564-800 Office

[www.galwayrcc.org](http://www.galwayrcc.org)  
[coordinator@galwayrcc.org](mailto:coordinator@galwayrcc.org)

**Inishowen**

**Helpline 074-937-3232**  
Helpline Mon - Fri, 10am - 10pm Support and advocacy for women 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.

LifeLine - Domestic Violence Service  
Inishowen  
County Donegal  
074-937-3232 Office / Helpline

[www.ldvs.org](http://www.ldvs.org)  
[support@ldvs.org](mailto:support@ldvs.org)

**Kildare**

**Helpline 045-527-584**  
Mon - Fri, 9am - 5 pm & 7pm - 9pm  
Saturdays 12 noon to 2pm

Teach Tearmainn  
Kildare  
045-535-178 Office

[jcarey@teachtearmainn.ie](mailto:jcarey@teachtearmainn.ie)

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)

<b>Kilkenny</b>	<b>Helpline 185-042-4244 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 056-777-1404 Office	<a href="http://www.kilkennywomensrefuge.ie">www.kilkennywomensrefuge.ie</a> <a href="mailto:info@amberwomensrefuge.ie">info@amberwomensrefuge.ie</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 056-775-1555 Office	<a href="http://www.kilkennyrcc.com">www.kilkennyrcc.com</a> <a href="mailto:info@kasa.ie">info@kasa.ie</a> <a href="http://www.kasa.ie/">www.kasa.ie/</a>
<b>Leitrim</b>	<b>Helpline 071-914-1515</b> A FREE and confidential support service for women expreiencing 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 071-961-6844 Office	<a href="mailto:infodvas@eircom.net">infodvas@eircom.net</a>
<b>Leitrim</b>	<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	Rape Crisis and Sexual Abuse Counselling Centre Leitrim 071-917-1188 Office	<a href="http://www.srcc.ie">www.srcc.ie</a> <a href="mailto:info@srcc.ie">info@srcc.ie</a>

Cavan.

**Letterkenny**  
Co. Donegal

**Local Helpline 074-912-8211**  
**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  
074-912-8211 Office / helpline

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

**Letterkenny**

**Helpline 1800-262-677**

24 Hour 365 day helpline  
Emergency accomodation 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.facebook.com/DonegalDVS/](http://www.facebook.com/DonegalDVS/)  
[www.donegaldomesticviolenceservices.ie/](http://www.donegaldomesticviolenceservices.ie/)

[ddvsrefuge@gmail.com](mailto:ddvsrefuge@gmail.com)

**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  
061-311-511 Office

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

**Longford**

**Helpline 043-334-1511**

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  
Support groups available

Longford Women's Link  
Longford  
County Longford  
043-334-1511 Office / Helpline

[info@lwl.ie](mailto:info@lwl.ie)

**Monaghan**

**Helpline 047-72-311**

Tearmann is an Irish word meaning "Sanctuary". 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  
047-72-311 Office / Helpline

[tearmandvs@eircom.net](http://tearmandvs@eircom.net)

<b>Mullingar</b>	<p><b>Helpline 044-933-3868</b>          Helpline 24 hour service          We work towards the elimination of violence and abuse in all forms by providing an impartial &amp; confidential information and support service.          Referral service          Advocacy and court accompaniment          Outreach services          Support groups available.</p>	<p>Westmeath Support Service          Mullingar          County Westmeath          0871-336-853 Mobile</p>	<p><a href="mailto:westmeathsupport@eircom.net">westmeathsupport@eircom.net</a></p>
<b>Navan</b>	<p><b>Helpline 046-902-2393</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 provide services for children.</p>	<p>Meath Women's Refuge and Support Services          Navan          County Meath          046-902-2393 Office / Helpline  <a href="http://www.facebook.com/meathwomensrefugeandsupportservices/">www.facebook.com/meathwomensrefugeandsupportservices/</a></p>	<p><a href="mailto:mwrefuge@eircom.net">mwrefuge@eircom.net</a></p>
<b>Nenagh</b> County Tipperary	<p><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.</p>	<p>Rape Crisis Midwest          2 Silverview          Nenagh          County Tipperary          061-311-511 Office</p>	<p><a href="http://www.rapecrisis.ie">www.rapecrisis.ie</a>  <a href="mailto:info@rapecrisis.ie">info@rapecrisis.ie</a></p>
<b>Newtown Castlebar</b>	<p><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.</p>	<p>The Mayo Rape Crisis Centre          Newtown, Castlebar          County Mayo          094-902-5657 Office</p>	<p><a href="http://www.facebook.com/RCCMayo/info@mrcc.ie">www.facebook.com/RCCMayo/info@mrcc.ie</a>  <a href="http://www.mrcc.ie/">www.mrcc.ie/</a></p>
<b>Oughterard</b>	<p><b>Helpline 091-866-740</b>  <b>Mobile 0877-737-957</b>          Hours Mon - Fri, 10am - 5pm          We are a rural based, community - 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.</p>	<p>Domestic Violence Response          The Courtyard          Main Street          Oughterard          County Galway          091-866-740 Office / Helpline  <a href="http://www.domesticviolenceresponse.com">www.domesticviolenceresponse.com</a>  <a href="mailto:info@domesticviolenceresponse.com">info@domesticviolenceresponse.com</a></p>	
<b>Portlaoise</b>	<p><b>Helpline 057-867-1100</b>          Mon - Fri, 9.30-1pm &amp; 2pm-4.30pm          We work to provide support, information and advocacy to women experiencing domestic/relationship abuse, now or in the past.</p>	<p>Laois Domestic Abuse Service          Portlaoise          County Laois          057-867-1100 Office / Helpline</p>	

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.

**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  
061-412-354 Office.

[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  
071-917-1188 Office

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

**Sligo**

**Helpline 071-914-1515**

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 & advocacy  
One to one support throughout.

Domestic Violence & Advocacy  
Service  
Sligo  
071-961-6844 Office

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

**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

Southill Domestic Abuse  
Project  
Southill  
County Limerick  
061-313-025 Office

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

Mon-Thurs 9am-5pm, Fri 9am-1-pm

<b>Tipperary North</b>	<b>Helpline 050-523-999</b> 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 050-523-379 Office	<a href="mailto:ascendservices@eircom.net">ascendservices@eircom.net</a>
<b>Tipperary South</b>	<b>Helpline 1800-576-757 Freephone</b> 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 052-275-57 Office / Drop in	<a href="mailto:cuausaor@eircom.net">cuausaor@eircom.net</a>
<b>Tralee</b>	<b>Helpline 066-712-9100 24 Hours</b> Emergency refuge accomodation Court accompaniment Outreach across Kerry Help with legal matters, welfare and alternative accomodation.	Adapt Kerry Refuge Tralee County Kerry 066-712-9100 Office / Helpline <a href="mailto:generalmanager@kerryrefuge.com">generalmanager@kerryrefuge.com</a>	<a href="http://www.kerryrefuge.com">www.kerryrefuge.com</a>
<b>Tralee</b>	<b>Helpline 1800-633-333</b> 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. 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.	Kerry Rape and Sexual Abuse Centre 5 Greenview Terrace Princes Quay Tralee County Kerry 1800-633-333 Office / Helpline <a href="mailto:kerryrapecrisis@krsac.com">kerryrapecrisis@krsac.com</a>	<a href="http://www.krsac.com/">www.krsac.com/</a>
<b>Tullamore</b>	<b>Helpline 057-935-1886</b> 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 057-935-1886 Office / Helpline	<a href="http://www.odvss.ie">www.odvss.ie</a> <a href="mailto:info@odvss.ie">info@odvss.ie</a>

<b>Tullamore</b>	<p><b>National Rape Line 1800-77-8888</b> We provide services for those who have been affected by rape or sexual abuse. Please call our helpline for details of our services.</p>	<p>Regional Sexual Abuse &amp; Rape Crisis Centre 4 Harbour View Store Street Tullamore County Offaly 057-932-2500 Office / Advice <a href="http://www.drcc.ie/get-help-and-information/centres-around-ireland/">www.drcc.ie/get-help-and-information/centres-around-ireland/</a></p>	<p><a href="mailto:tullamorercc@eircom.net">tullamorercc@eircom.net</a></p>
<b>Waterford</b>	<p><b>Helpline 1890-264-364 24 Hours</b> Oasis House provides a safe supported place for women with or without children who are victims of domestic violence. Emergency accomodation Advocacy and practical support Supported transitional housing Court and other accompaniments Outreach services across Waterford Access to professional counselling.</p>	<p>Oasis House Women's Refuge Waterford County Waterford 051-370-367 Office</p>	<p><a href="mailto:oasishouse2@eircom.net">oasishouse2@eircom.net</a></p>
<b>Waterford</b>	<p><b>Helpline 1800-296-296 24 Hours</b> 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.</p>	<p>Waterford Rape and Sexual Abuse Centre 2A Waterside Waterford 051-873-362 Office</p>	<p><a href="http://www.waterfordrsac.ie">www.waterfordrsac.ie</a> <a href="mailto:info@waterfordrsac.ie">info@waterfordrsac.ie</a></p>
<b>West Cavan</b>	<p><b>Helpline 071-914-1515</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 071-961-4844 Office</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.</p>	<p>Rape Crisis and Sexual Abuse Counselling Centre West Cavan 071-917-1188 Office</p>	<p><a href="http://www.srcc.ie">www.srcc.ie</a> <a href="mailto:info@srcc.ie">info@srcc.ie</a></p>

Ongoing face to face counselling  
Crisis counselling  
Information and advocacy services  
Support groups for survivors.  
Serving Sligo, Leitrim and West  
Cavan.

**Wexford**

**Helpline 1800-330-033 Freephone**

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.

Wexford Rape and Sexual Abuse [www.wexfordrapecrisis.com](http://www.wexfordrapecrisis.com)

Support Services

10 Clifford Stree

Wexford

053-912-2722 Office

[support@wexfordrapecrisis.com](mailto:support@wexfordrapecrisis.com)

**Wexford**

**Helpline 1800-220-444**

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.

Wexford Women's Refuge

Wexford

053-912-1876 Office

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