

Domestic Abuse

Coercive control is the intention to control someone through a pattern of behaviours including:

- **Isolating** you from family, friends, work...
- **Instilling fear** through threats of violence against you or others
- **Undermining your sense of self**
- **Monitoring** your time, whereabouts and behaviour;
- Controlling aspects of your life
- **Depriving** you of your basic needs; depriving you of medical or support service

Domestic abuse can take many forms:

- **Physical Violence** e.g., hitting, hair pulling
- **Emotional Abuse** e.g., name calling
- **Sexual Violence** e.g., demanding sex
- **Financial Abuse** e.g., monitoring spending

You may feel as though you are **walking on eggshells** around your partner.

It is important to know that domestic abuse is not your fault and there is support available.

Unsure if you are in an abusive relationship?



Scan the QR code with your phone camera and take our healthy relationship quiz



Get Help

Our Support Officer provides

- Free, confidential information
- Non-judgemental emotional support
- Referral and signposting
- Advocacy and Accompaniment
- Referrals for counselling, legal support and assisted voluntary return

Questions?


Are you a migrant woman who has questions or needs help?

Email us in your own language at info@akidwa.ie, call us or drop into our office



 www.akidwa.ie

 info@akidwa.ie

 +353 (0)1 8349851



AkiDWA
AKINA DADA WA AFRICA

Women's Support Services



Domestic Abuse Support Services



In an emergency, **dial or text 112**. Request the service (Garda or Ambulance). State your name, location and the incident.

Garda (Police): Visit your local Garda station to report domestic abuse or seek confidential support. You can request a female Garda and a translator. Find your local station at www.garda.ie



24hr National Freephone Helpline (**1800 341 900**) for information in over 200 languages. Provide referrals to their Individual Support and Court Accompaniment Service, Local Refuges, Legal Aid and more. For a list of refuges near you visit www.womensaid.ie/services/local



Sexual Assault Treatment Unit: Provide free health check for STD, STI and injury to those assaulted at any time in their lives. Forensic exams available within 7 days of assault. Find your nearest SATU at www.hse.ie/satu



Rape Crisis Centre: National 24 Hour Helpline (**1800 77 8888**) for free confidential support for those sexually assaulted at any time in their lives. Over 200 languages available between 8AM-6.30PM.

Legal Aid Board: Free or subsidized legal aid and advice in civil cases to those who can't afford to pay. Translators are provided free to successful applicants. Find your local service at www.legalaidboard.ie



Hotline: An online tool to report sexual images / videos shared online without consent or of children. The content can be investigated and removed. www.hotline.ie



Money Advice Budgeting Service can support women becoming financially independent with free budgeting and debt advice. Translators can accompany clients. Find your local office at www.mabs.ie



Health Connect: Multilingual database of health services in Ireland. Email them in any language for support.

Immigrant Council of Ireland: Confidential information and support to change visa types / other complex immigration issues. Referrals to Anti-Trafficking Team for victims of sex trafficking. Referrals to Independent Law Centre for immigration issues. **Helpline: 01 674-0200**



Migrant Rights Centre Ireland: Free, reliable confidential information on migrant rights and legal options. Support undocumented migrants. Helpline: 083 075 5387



Crosscare supports victims of domestic violence who want to change their visa type. Supports those at risk of homelessness or struggling to access state and other supports. www.migrantproject.ie



Ruhama: Free confidential support for women affected by prostitution at any time in their lives, including undocumented migrants. Translation services available. Freetext REACH to 50100 or call 01 836 0292

IOM support migrant women victimized by domestic abuse with assisted voluntary return through practical and financial supports.



Doras: Information and assistance to make an application for independent immigration status. Supports migrant who have experienced discrimination or racism by a service provider in Ireland. **Tel: 083 0086391 Email: mvs@doras.org**