



FACT: THERE IS NO EXCUSE FOR DOMESTIC ABUSE.

Take the first step

Get help for you or
someone you know being
abused

WOMEN'S AID HELPLINE
1800 341 900

*Please see back page for more resources
and services to help you or someone you
know suffering from domestic abuse.*

Helplines and Resources:

WOMEN'S AID NATIONAL FREEPHONE
HELPLINE:

1800 341 900

THE DUBLIN RAPE CRISIS CENTRE

1 800 77 88 88

RUHAMA

01 836 0292

SEXUAL VIOLENCE CENTRE CORK

Freefone: 1800 496 496

LIMERICK RAPE CRISIS CENTRE

1800 311511

NATIONAL SEXUAL VIOLENCE HELPLINE

1800 77 88 88

NEW COMMUNITIES PARTNERSHIP, DUBLIN

10 Cornmarket, Dublin 8

01 671 3639

info@newcommunities.ie

NEW COMMUNITIES PARTNERSHIP, LIMERICK

41 William Street, Limerick

T: 061 469 882

ncplimerick@newcommunities.ie

NEW COMMUNITIES PARTNERSHIP, CORK

54 Penrose Wharf, Cork

T: 021 239 9910

ncpcork@gmail.com



The National Office for the Prevention of Domestic, Sexual and Gender-based Violence
An Oifig Náisiúnta um Fhoréigean Baile, Gnéisach agus Inscnebhunaithe a Chosc



Domestic Violence is a Crime

When they say...

"It's just a row...all couples have them."

*"He's just going through a hard time, once
he finds work it will stop."*

"It's her own fault. She had it coming."

"It can't be that bad or she'd leave."

"He has the right."

They are **WRONG**

Don't Stay Silent There is **Help**



MYTHS about Domestic Violence



Myth: *"It's just a row...all couples have them."*

FACT: Domestic violence is a serious crime that includes physical assault, cruelty, verbal abuse, rape, and sexual assault of women. It can lead to physical injury, hospitalisation, mental health issues. No behaviour which degrades and violates a human being in this way can be dismissed as "just a row".

Domestic violence is a social problem, not a private problem.

Myth: *"It's her own fault...she had it coming."*

FACT: No woman "deserves" to be abused. Blaming his behaviour on someone or something else - a woman, his relationship, his childhood, ill-health, alcohol or drug addiction - is an **abuser's way of avoiding personal responsibility for his actions.**

Myth: *"It can't be that bad or she'd leave."*

FACT: Women stay with violent men because it is extremely difficult to leave. No one enjoys being beaten. Women face many barriers when trying to leave an abusive relationship. Many women are frightened of the abuser, do not know how to get away, may not have the financial ability to travel far, or a number of other reasons which make leaving harder than most think.

It is possible to escape an abusive relationship. All of the resources listed here were created to help women.

Myth: *"He's just going through a hard time, once he finds work it will stop."*

FACT: Economic hardship does not cause domestic violence. Women's Aid reports that 1 in 7 women in Ireland have experienced some form of domestic abuse, regardless of the economic condition. The abuser may start to use unemployment or financial difficulties as an excuse for the abuse.

There is no excuse for abuse and the abuser is solely responsible for his actions, no matter what his financial condition.

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1800 341 900

