

Domestic Violence and Abuse Information Resource

Why Domestic Violence and Abuse Matters

- More than 1 in 3 (37%) working people surveyed across multiple industries and at varying levels of seniority have experienced domestic abuse. ([Vodafone Foundation, 2019](#))
- Almost all (94%) employees who are subjected to abuse report an impact on their work performance. ([Vodafone Foundation, 2021](#))
- Many women are prevented from working, forced to work part-time or take sick leave, or become ill, stressed, or lose confidence as a result of the abuse they are subjected to. Some will ultimately cease working. ([Safe Ireland and NUIG, 2021](#))

What is Domestic Violence?

If a partner or an ex makes you feel scared, controlled or intimidated, you may be experiencing domestic abuse. There are many different forms of abuse. It can be physical, and leave visible marks, or it can be emotional, and have impacts that can't be seen by other people. All types of abuse are damaging, and nobody deserves to be treated in that way.

Domestic violence and abuse can include emotional, physical, economic and sexual abuse from a current or former intimate partner. Coercive control is at the core of all domestic violence and abuse. Domestic abuse can also be carried out by a family member.

[Read more about all forms of domestic abuse at www.womensaid.ie](http://www.womensaid.ie)

Who Can Help?

There is no excuse for domestic violence and it is not your fault if it happens to you.

Domestic violence and abuse happens to many people. It can affect any one at any age and from any background. It can feel very difficult to talk about what is happening to

you if you are being abused, but support is available.

Women's Aid 24hr National Freephone Helpline 1800 341 900

This helpline provides free and confidential support anyone who is subjected to domestic abuse. We can offer support in 240 languages and also on our Instant Message Support Service. It is also a gateway to local independent refuges and support services nationwide. The National Freephone Helpline also supports concerned family, colleagues and friends and professionals who are supporting someone subjected to abuse. Read more at www.womensaid.ie.

National Male Adviceline 1800 816 588

The National Male Advice Line (MAL) offers confidential phonenumber advice and support to male victims of domestic violence and abuse during specific hours, seven days a week, 365 days a year. It is a free and confidential service operated by the Men's Development Network. Read more at <https://mensnetwork.ie/mal/>

You will find a list of all national and local domestic and sexual violence services at www.stillhere.ie

Your Rights and Options

Recognising that you are being abused is an important step. Where you go from here is up to you. You may feel you need time to think about your situation. Or perhaps you have already made up your mind to leave. Whatever you decide, your safety and that of your children is always the priority. Read more about your rights and options including legal protection, safety planning, financial information and how An Garda Síochána can support you. Visit www.womensaid.ie

How Women's Aid can support employers

Businesses and organisations are increasingly becoming aware that domestic violence and abuse is an issue which directly impacts employees' participation at work and the workplace itself. Women's Aid offers the Employer Response to Domestic Abuse training package, a specialist service for employers. Read more at www.womensaid.ie