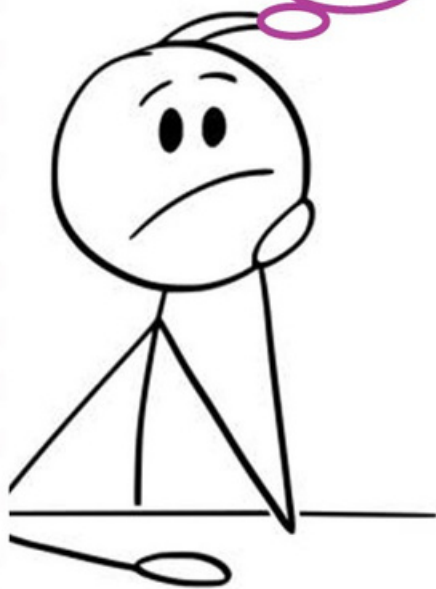


**How can I help
someone experiencing
Domestic Abuse?**



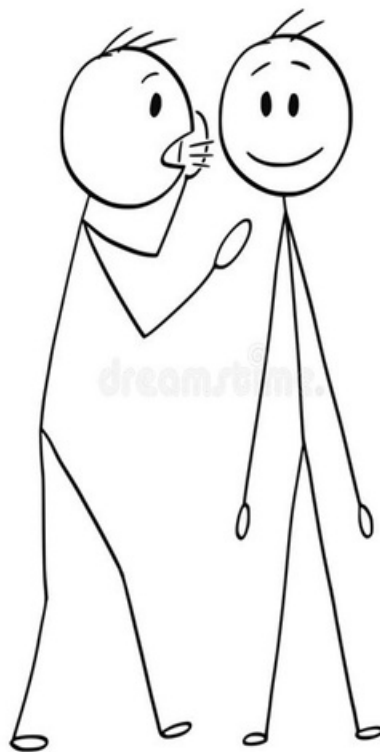
Are you concerned that someone you know is experiencing domestic abuse?

If so, do not ignore it.



**Express your concern
and be ready to listen.**

**It is important for you
to continue to be
supportive, believe her
and acknowledge her
right to live without
abuse.**



Ask her if everything is ok, let her know that you are worried.

Do not judge her if she denies that she is being abused and do not pressure her to admit it or go into any de-



Understand that leaving an abusive relationship is very hard and a time of increased risk for a woman. She may not be ready to take that step yet.

Do stress that it is not her fault and that she does not deserve to be treated in this way. Provide her with information of available supports and discuss options and access to services, such as Aoibhneas, and offer to go with her.



If you want to find more information on What to Do, **1800 767 767 call our Freephone helpline on**

If you feel there is an immediate danger or require immediate assistance, please access safety and call 999 or 112.