

# SAFETY PLAN



Keep a list of emergency numbers on your phone, computer, in your car, in your bag, at work and with a friend.



Have several places in mind to where you can flee - family, friend, police.



How will you get away? Car? Taxi? Public transport? A friend?



Keep a copy of important documents on your phone, your computer, at work and with a friend.



Keep a change of clothes for yourself and your children at work and/or with a friend.



If you can, keep some cash aside for emergencies. Make sure you have your bank details available.



Find a supportive family member, friend or colleague in whom to confide, and share your safety plan.



## 5 Ways to Contact Us



**24 Hour Helpline:**  
01- 4630000



**WhatsApp Call/Text:**  
(Monday - Friday 9am - 4pm) 087 - 1049863



**Facebook:**  
Saoirse Domestic Violence Service

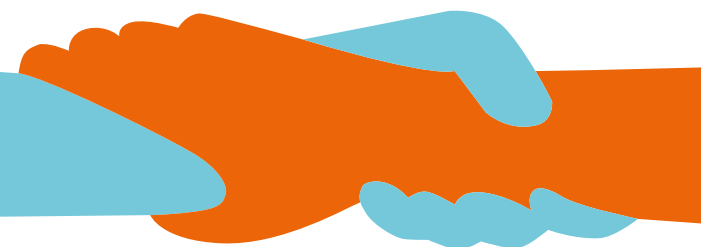


**Instagram:**  
@saoirse\_dvs



**Email:**  
helpline@sdvs.ie  
outreach@sdvs.ie

Visit our website at  
[www.sdvs.ie](http://www.sdvs.ie)



**24 hour Helpline**

 **014630000**

Domestic violence and coercive control is a repeated pattern of abusive, controlling and threatening behavior that can take place over a sustained period of time and increases in severity.

It traps women in relationships making it dangerous to leave.

# Saoirse Domestic Violence Services

Trauma Informed Practice is an approach that explicitly recognises and acknowledges the effects of people's lived experience of trauma, and the role trauma plays in people's lives.



Ask



Listen

This approach means that every part of our organisation understands the effects of trauma on the individuals we serve and promotes cultural and organisational change in responding to the individuals we serve.



Encourage to seek help

**You do not have to have physical injuries to be experiencing domestic violence.**

**Does someone control your every move and isolate you from friends and family?**

**Does someone make you feel afraid by using looks, gestures or actions?**

**Does someone threaten to hurt you or hurt themselves?**

**Does someone hurt you repeatedly promising it will not happen again?**

**If any of these things are happening to you or you want to talk to someone call our 24 hour Helpline**



**014630000**

# Saoirse Domestic Violence Services Provide

- **24-hour Helpline** providing a listening support, information and referral service.
- **Refuge Accommodation** offering safe confidential short term crisis accommodation for women and their children.
- **Outreach and Prevention Service** providing support to families in the community covering Dublin 10, 12, 22, 24, South West Dublin and West Wicklow.
- **Court Accompaniment Service** for women who need support to navigate the legal system and seek legal protections.
- **Childcare Support Services** providing a safe non-judgmental play space in both refuges where children have a voice. We also work with mothers in refuge and community to support them around their children and their parenting needs.