

Supporting Women - Responding to Technology-Facilitated Domestic Abuse

Prepared By:

Cyber Awareness Ireland -
National Cyber Security
Awareness Task Force

Prepared For:

Safe Ireland

Safe Ireland

Safe Ireland is a national development and co-ordination body working to eradicate Domestic Violence (DV). We have four distinct functions: investigating the causes and effects of domestic violence; delivering frontline refuge and support services; developing guidelines for domestic violence best practice; and influencing national strategic policy. This is achieved through a network of affiliate independent frontline DV services; local communities; professionals; public bodies; academic institutions; philanthropists; and corporate partners.

There are thirty-nine DV services across Ireland. Each deliver various combinations of services to women and children including national and local crisis helpline supports, one-to-one emotional and practical support, information, advocacy, Garda and court accompaniment, therapeutic supports, housing, and welfare advice. Twenty of these services operate staffed refuges.

Our core strategic focus is to change culture, transform responses to sex, gender, and sexuality-based violence in communities across Ireland, and to progress towards creating a Safe Ireland for women, for young people, and for children.

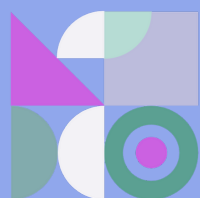


National Cyber Security Awareness Task Force

Cyber Awareness Ireland (CAI) are a national body who research, develop & curate Cyber Security Awareness messaging in Ireland. CAI have an ambitious program to cultivate original research in cybersecurity awareness with framing its survey work at national scales, leveraging Ireland's population as a living laboratory to investigate the behavioral dimensions of cybercrime victimization - and prevention.

Cyber Awareness Ireland are the national curators for the official STOP.THINK.CONNECT™ campaign in Ireland and launched the STOP.THINK.CONNECT. campaign in October 2021 to promote the campaign's globally recognized messaging and to inform the discipline of cybersecurity awareness with new and innovative research into the human factors that contribute to cybercrime.

Cyber Awareness Ireland established a sub working group that sits within Cyber Awareness Ireland - referred to as National Cyber Security Awareness Task Force. The NCSA-TF is committed to bringing security professionals together to tackle driving forces and reduce human risk within society in Ireland. The NCSA-TF committed to a 12 month collaboration with Safe Ireland in an aim to close the gap between the cyber security industry in Ireland and the national organization that support the survivors of domestic abuse and coercive control.



**Cyber Awareness
Ireland**

FOREWORD



"Safe Ireland welcomes this collaboration with the National Cyber Security-Awareness Task Force. Such a partnership focuses the expertise, knowledge and training of the Cyber Security Industry in Ireland directly on the dynamics of coercive control and actively supports frontline domestic violence service support work. It is much needed and will strengthen victims' capacity to identify, and act effectively to stop such control in their lives."

Mary McDermott, CEO, Safe Ireland



"The partnership between the National Cyber Security Awareness Task Force & Safe Ireland is narrowing the gap between the cyber security industry in Ireland and the national organization that supports survivors of domestic abuse. We hope this guide will enable support and service workers bolster the existing services Safe Ireland provide and enhance the protection of victims and survivors of technology-facilitated abuse. We also encourage the general population to absorb this guide on responding to technology-facilitated abuse to better equip each of us to recognise and respond in an safe, encouraging and informed way.

**Joanne O'Connor - Founder, Cyber
Awareness Ireland**

Definitions

Understanding the Language:

Domestic Violence Abuse

Domestic Violence is the psychological, social, sexualised, physical, financial, emotional and spiritual control and destruction of a woman's autonomy by those in intimate relationship with her, regardless of their 'relationship status'. Domestic abuse is a large-scale social problem in Ireland which is perpetrated through sex, gender and sexuality-based relationships.

Coercive Control

Coercive control is about intention. It extends beyond and may include 'physical incident' domestic abuse. It describes the totality of a woman's experience of being coerced in her life. Coercive Control includes exploitation of personal and practical resources, manipulation, gaslighting, threats to her person or those she loves, including pets. Coercive control is the explicit intent to 'own and control' through any means available. Children also experience these forms of coercion, often when they are perceived as 'extensions' of a parent.

Attacking Resilience

Coercive behaviour is designed to reduce resilience and the capacity to resist or escape. It may take the form of positive acts, or patterns of acts, of isolation, undermining, humiliation, intimidation and assault. Coercive behaviour may also be a series of 'omissions' – failure to pay Child Maintenance, withholding of money, resources, personal, social and professional exclusion and emotional and sexual manipulation. It is designed to break the resilience of victims/survivors.

Definitions

Understanding the Language:

Resilience Building: Recovery

Frontline services actively support the exit and recovery from coercion and abuse. The vulnerabilities *created* through coercive control are countered by building the actual and virtual/digital capacities of survivors to build the life they wish, which includes:

1. Meaningful Access to Resources
2. Safety
3. Stability
4. Self-Efficacy
5. Social Connectedness



[A Framework for Domestic Violence Service Provision to Women and Children in Ireland](#)



[The Five Domains of Wellbeing](#)

For support workers & support networks

Many of us rely on technology and social media to keep us connected to work, friends and the businesses or services we need. This connection is important for all of us. However, for women experiencing domestic abuse and coercive control, connecting online comes with many risks.

Throughout the Covid-19 pandemic, we know that perpetrators abusive behaviours escalated, including some forms of technology-facilitated abuse. It is important to be aware that technology-facilitated abuse is likely to be present in cases of domestic abuse and coercive control, and to recognise the harms it can cause.

This booklet will help you to:

- recognise the warning signs
- know how to help
- know how to improve technology safety
- increase children's safety and provide support for longer term responses.

This booklet is for specialist domestic violence professionals responding to domestic abuse and coercive control that impacts women and children. Its primary use is for frontline responders in *Domestic Violence Services and Refuges*. It is also designed as a resource for allied professionals such as Gardaí, doctors, nurses, social workers, pharmacists and other healthcare professionals. Family, friends, neighbours and other community members may also find this guide useful if they are supporting someone at risk of technology-facilitated abuse. If this resource causes you distress in any way, please seek support here: <https://www.safeireland.ie/get-help/where-to-find-help/>

Victims should not be told to abandon their digital communications. Telling victims to forsake their online presence effectively drives women offline. The aim should be to prevent perpetrators from further abusing victims through the use of technology, and changing victim-blaming attitudes.

Technology-Facilitated Abuse

Even before COVID-19, the UN recognises violence against women in domestic environments as a critical human rights violation. Prompted by the pandemic, abuse of women and children has increased. This includes abuse through technology, known as technology-facilitated abuse.

Technology-facilitated abuse is the use of technology to control, threaten, monitor or harass someone.





What is technology-facilitated abuse

Abusive behaviors may include:

- Denying access to devices and technology to isolate the victim so she is unable to contact friends, family or specialist services for help and support, or to protect herself from abuse.
- Posting abusive comments about the victim on social media accounts or sending excessive amounts of voice calls, emails and texts.
- Using technology to control or manipulate home appliances, locks and connected devices.
- Using tracking devices in toys, cars and devices to monitor locations and activities.
- Creating a fake account to harass or abuse the victim, her friends and family.
- Sending menacing messages and images that threaten the victim, her friends, family & pets.
- Sending menacing messages and images that aim to cause the victim reputational harm.
- Sharing or threatening to share intimate images without consent.
- ‘Doxing’ by posting the victim’s personal information on social media or elsewhere online.
- Accessing someone's personal accounts without their knowledge or consent with the use of known passwords or shared devices.



Technology-facilitated abuse

Technology-facilitated abuse can be hard to pinpoint — the victim may know that something is wrong with her technology but can't necessarily say exactly what is causing it.

When working with a victim, it is important to trust her judgement, to take these behaviours seriously and to respond appropriately.

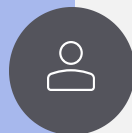
In Ireland these behaviors are criminal offences and can be reported to An Garda Síochána, then taken to court.

Similarly, in some other countries these are also considered criminal offences under local law. A victim/survivor could make a comprehensive plan to improve the safety of herself and her children, using the support of her local specialist domestic violence service.

Contact numbers can be found at the end of this booklet or visit the page below for information on where to find help

<https://www.safeireland.ie/get-help/where-to-find-help/>

Signs Someone might be experiencing technology- facilitated abuse



Is the person receiving constant messages or phone calls



Is the perpetrator controlling all technology, devices and account of the victim/survivor



Is the person having their images shared online without their consent



Is the perpetrator showing up to locations where the person is



Is a perpetrator using children as medium to access the person



Does the perpetrator have access and/or control of all finance and online banking



Are smart home devices being using to monitor and spy on the person



Is the victim/survivor being stalked online



Does the partner or ex/partner check up all the time, asking to drop a pin or send a picture to prove current location

Warning signs of technology- facilitated abuse





Warning signs of technology-facilitated abuse

Any threats to the personal safety of a woman or her children should be taken seriously and, where possible, referred to An Garda Síochána. Technology-facilitated abuse is not always obvious – sometimes the victim may not be aware that technology is being used as part of her abuse.

1. How does technology-facilitated abuse happen?

Any internet-enabled platform or ‘smart’ device can be used to gather information about a victim and exert control over her. This can include:

- Email, social media platforms and apps, particularly where passwords have been shared or are easily guessed.
- Computers, laptops, smartphones.
- Internet-enabled devices ranging from fridges, game consoles, children’s toys, baby monitors, Smart TVs and home assistants such as Amazon Echo and Google home.
- Medical devices, fitness trackers, smartwatches.
- Small tracking devices or cameras which can be easily concealed.

2. Warning signs include that the abuser:

- Seems to know information he shouldn’t, such as where the woman and her children are or what they are doing.
- Insists that she share the passwords to her devices or accounts, or that she lets him physically access her device.
- Sets up a new camera or security system that seems unnecessary.
- Gives the children new electronic gifts and insists that these are used.



Warning signs of technology-facilitated abuse

3. Also, the woman may tell you that she

- Is unexpectedly 'locked out' of accounts, or passwords do not work anymore
- Has online posts about her, or in her name, on fake social media accounts
- Notices that her device is slower to power on or does not work as usual, the data usage spikes or the battery drains quicker than expected
- Sees unknown financial transactions in her online accounts.

BELIEVE HER

You may notice that she is reluctant to provide a contact number in case messages and calls are intercepted by the abuser.

It is critical to reassure the victim that you believe her, that she should trust her instincts and that you will try to help her to improve her safety

Remember to be careful not to use language that is judgemental or victim-blaming.

Modes of online abuse by perpetrators

Deactivation and reactivation of accounts – used by perpetrators to evade detection, reducing the ability for the victim to report an account and the ability for platforms to take action against account holders.

Multiple accounts – used by perpetrators to target an individual from numerous accounts or profiles. This also facilitates cross platform targeting where a perpetrator targets an individual from several platforms.

Fake/imposter accounts – accounts set up under a false identity, generated manually by another person or generated automatically through the use of bots.

Pseudonymity – where perpetrators use a different name, term or descriptor to target and abuse another person in order to hide their identity.

Temporary accounts – accounts that are set up for a short period of time for the sole purpose of targeting/harming another person.

Resubscription of accounts – where old accounts are reactivated in order to harm or abuse another.

Changing account or profile details or identifiers – after engaging in abusive and harmful behaviour on platforms, perpetrators can quickly change their account or profile information or ‘unmatch’ or ‘unfriend’ their victims to avoid detection.

Switching between private and public platforms – this can be to escape the moderation of platforms as well as the intervention of bystander users.

Moving public conversations to private channels – this can be to escape the moderation of platforms, particularly through moving to forums that maintain end-to-end encryption (E2EE), as well as the intervention of bystander users.



How you can help

How you can help

Very often a family member, friend or community member may be the first person a woman discloses to and may be the only external contact she has. In some cases, a social worker, doctor, nurse or other healthcare professional might also have this role. If you are in this position, it is important that you can recognise the signs of domestic abuse and coercive control, including technology-facilitated abuse, so you can help the victim to stay connected safely.

Frontline workers may be increasing face-to-face support services with online delivery. Video calls or instant messages can help to connect with a woman remotely, however it is important to be aware that these calls or chats may not be private if the abuser is using the same technology to maintain control over their victim. Perpetrator tactics such as isolation and entrapment can render victims unable to access safe devices outside of the home.

The best help you can give is to:

- Believe the victim
- Refer her to a specialist domestic violence service or An Garda Síochána where appropriate
- Assist her in accessing safe technology, where possible
- Offer support while she considers how to improve the long-term safety of herself and her children.





Support Steps



Safety First

The most dangerous time for a woman in an abusive relationship is when she leaves or makes plans to leave.

Remember: never confront the abuser yourself or assume the victim is safe to disclose what is happening in her home. If the victim lives with an abusive partner, or has an abusive ex-partner, make contact with the local domestic violence service for advice and support before you do anything else.



Access to Safe Technology

Don't assume a victim has access to safe devices or technology. Making a telephone call or contacting an agency online may not be possible if the woman is living in an abusive household.

To help: Provide safe access to information online. Allow her to use a phone or device of a trusted friend or family member. Ensure that the platforms you use to communicate with her are secure.



Planning for a Safer Future

It may not be safe for the victim to change her domestic arrangements at this time. Abusers may be working from home or not be working at all, and have more time to facilitate their abusive behaviour. You can listen to, respect and offer the woman comfort. If safe to do so, keep in contact. Let her know you are there and can support her to make and carry out a plan when she may feel safe enough to leave the relationship.



Avoiding technology use is not the solution

Continued access to technology is important so women can stay connected to their trusted friends and family, and so they can get help from domestic violence support services when in need. Simply turning off technology will further isolate them. Remember — abusers may escalate their behaviour if they feel they are losing control so it's important to leave some communication technologies in place.

Online Safety Checklist



To help improve a woman's overall safety it's important to encourage the safe use of technology. However, sometimes it is not safe for a woman to change her device or behaviour because it may trigger an increase in his abusive behaviour or alert the abuser to her plans to leave.

Online Safety Checklist



Step 1: Advise her to access information/help from a safe device

that the abuser cannot access or check. If you are with the victim, let her use your phone or computer.



Step 2: Be alert to the warning signs

that may indicate her technology has spyware or a tracking device on it. If this is the case, warn her that her abuser may find out if she uses it. For private conversations encourage her to use another safer device if possible.



Step 3: . Support her to set up a new email account on a safe device

when making plans for the future and when communicating with frontline workers. Encourage her to use a pseudonym in any new email addresses. Advise her to keep using old email accounts for day-to-day communication that will not upset the abuser or make him suspicious.



Step 4: If safe to do so, suggest that she change the passwords

passwords should not be saved into her browser. Encourage her to use different passwords for different accounts. For more information on creating safe passwords see <https://cyberawarenessireland.com/infographics>



Step 5: Recommend that she increase the privacy and security of accounts

and check these regularly. For more information on privacy settings on games, apps and social media platforms see these [How to videos](#). Key tip: change security questions to ones the abuser doesn't know, and use two-factor authentication to sign into accounts.

Online Safety Checklist



Step 6: Encourage the use of 'private' or 'incognito' mode

when browsing the internet. She could also delete her browser history any time in which she was looking for information about how to get help or after visiting a website that might make the abuser angry.



Step 7: Discuss the need to set rules for safe social media use for her and her children

and make these rules known to friends and family. Warn her to be careful about who to accept as online friends and only add friends that she can trust. She should request that friends and family not communicate with the abuser about her or her location. For more information on how to safely use social media check out staysafeonline.org and review [parental controls](#).



Step 8: Set up new parenting email address

In situations where she has left her abuser and co-parenting applies, you may advise the use of a parenting email, separate from her own personal email. This can facilitate a means of communication that provides digital space for the survivor/victim that does not encroach on her personal email account. The vital needs of her children, amicable parenting arrangements, and the sharing of important information solely regarding the child/children can be made, prioritised, and communicated via the co-parenting email account.



Step 9: Set up new parenting email address

If she is co-parenting, it may be advisable to help her protect herself from direct personal contact by purchasing another phone, separate to her personal phone for communications solely regarding the children and/or to facilitate their communications where necessary.

Keeping Children Safe

A stylized illustration of a woman with long dark hair and a child hugging each other. The woman has her eyes closed and a gentle smile, and the child is also smiling with their eyes closed. They are set against a background of dark blue and light blue shapes.

Children living with domestic abuse face the challenges that all young people do in navigating their online lives. Unfortunately, they are also frequently victims of technology-facilitated abuse, either through experiencing the impact on their mother or by being targeted directly themselves.

Safeguarding is vital to their overall well-being when navigating their online presence. In some cases, children are completely unaware of their vulnerability and perpetrators may take advantage of this to gain further information about the victim/survivor, the children, their location and activities. The abuser now has the potential to continue to abuse and inflict trauma, infiltrating homes with their online presence and actions.

Children & Tech Abuse

There are a number of warning signs that a child has been targeted by technology-facilitated abuse, either directly or as a means of targeting the mother.



Children receiving gifts of new devices or internet-enabled toys which the abuser insists must be kept with them at all times could mean that the devices are fitted with spyware or tracking tools



Behaviour changes which could signify something is not right and that there are problems they are keeping to themselves so as not to worry their parents



Children seeking help from untrustworthy sources and putting themselves at risk, such as being 'groomed' by a sexual predator



Abusers setting up impersonator accounts to 'fake friend' their child and find out where they are and what they are doing



Abusers posting abusive content (about the child or about the other parent) on the child's social media accounts.

Children & Tech Abuse – how to help

There are a number of ways to help children and young people targeted by an abuser

Involve children and young people in online safety planning — this can help mothers and their children stay safely connected and prevent abusers from locating them on social media, their online accounts and devices.

Children in domestic abuse/coercively controlling situations need extra support to feel safe and stay positive about the future — they need **reassurance** that there are people who love them and can provide protection.

Children need to know there are people they can talk to safely and **confidentially** about how they feel. Online and telephone support services can provide free and confidential **support** for children and young people.

Talking to children about privacy and device settings can be a way for you both to learn. Asking the child about the social media apps and games they use can be a good opportunity to talk about how they can better **protect themselves online**.

Encourage age-appropriate conversations about safety, including how, what and when they should share information online. Privacy online and family rules, who to accept as online ‘friends’, the need to turn off location settings and not posting photos that might indicate the child’s location.



Legal consequences of Online Abuse

Non-Fatal Offences against the Person Act 1997 as amended, Section 10: harassment offence.

Online abuse may be charged as harassment if it is persistent and consists of communication about a person or to a person which causes them alarm, distress or harm. The maximum penalty is 10 years and an order may be made restraining contact with or approach to a victim after trial whether or not anyone has been convicted;

Criminal Law (Sexual Offences) Act 2017, Part 2:

This part of the Act deals with various child sexual exploitation offences and so-called child pornography offences, many of which can be committed online (and mostly are). These include offences of procuring children for purposes of sexual exploitation, online grooming, production and distribution of child pornography material. All of these offences have substantial penalties;

Harassment, Harmful Communications and Related Offences Act 2020

Sections 2 and 3 of this Act criminalise the sharing of intimate images online or otherwise without consent. Section 2 is more serious as it involves intent to cause harm or recklessness as to whether harm is caused so the maximum penalty is 7 years. The penalty for the Section 3 offence which does not require intent or reckless just lack of consent, is much smaller - 12 months. Section 4 of the Act criminalises the sending or distribution or publishing of one-off threatening or grossly offensive communications. The maximum penalty for this offence is 2 years.

A vibrant, stylized illustration of a diverse group of women. The women are depicted from the chest up, wearing various colored tops in shades of purple, blue, orange, and pink. They have different hairstyles, including braids, buns, and straight hair, and are wearing various accessories like flowers, earrings, and a headscarf. The background is a mix of solid colors and subtle patterns. The overall style is modern and graphic.

Planning for a Safer Future

Let her know you are there for her, don't withdraw support, refer her An Garda Síochána where appropriate and to her local domestic violence services where they can support her to create a safety plan.



Planning for a Safer Future

There are practical steps a victim can take to keep herself and her children safer, and to plan for the future.

1

Assess Risk

The level of domestic abuse/coercive control a woman faces can escalate as she works toward leaving her abusive relationship. Her safety, and that of her children, is the absolute priority. She is the best judge of her situation and of how to minimise the risk of a dangerous reaction from the abuser. If you think someone is in immediate danger, call local guards straight away.

2

Collect Evidence

Collecting evidence of the abuse is critical in assisting An Garda Síochána and the courts to hold the abuser accountable for his behaviour. This can include documenting events in a journal as well as saving screenshots, emails, text messages and other material.

Evidence should be stored securely and **a copy given to a trusted friend or frontline worker** in case the originals are damaged. Be careful to keep existing data on old devices— this can be valuable evidence.

However, if the abuser has access to the victim's devices or online accounts, it may be too risky for her to collect and store this kind of evidence. If it's not safe to collect evidence, then she should not do it.



Planning for a Safer Future

3

Make Plans

In order to make a plan for the future, the victim should try to access a safe device, then seek legal advice on possible pathways that are appropriate to her situation and level of risk. Remember that internet searches will leave a trail (or history) that the abuser might see. Where possible the victim should use private or incognito browsing when seeking information and help. When it is safe to do so, the victim should also seek support from a specialist domestic violence service and make a comprehensive plan to improve safety for herself and her children. If you think someone is in immediate danger, call An Garda Síochána straight away.

Home | Exit this website NOW

safeireland
Creating safety for women and children

GET HELP

If you are experiencing domestic abuse, you are not alone. There is support available to you.

[READ MORE](#)

Can you imagine an Ireland where women and children are free from violence and abuse?

That is what Safe Ireland is aiming to achieve. Together, we can make Ireland the safest country in the world for women and children. We believe that by achieving this, Ireland will be safer for all its citizens. How are we going to do that?

By changing culture and transforming the response to domestic violence.

Self Care for those on the Frontline

Victims of domestic abuse and coercive control rely on the support and help they receive from frontline workers, from trusted friends and family and from the broader community. For those on the frontline, working with or supporting women who are experiencing domestic abuse and coercive control, mental health and wellbeing is also very important.

If you need support, please consider searching for a relevant online counselling or support service. Remember to keep talking to your support networks, and to friends and family you can trust. We all need to find moments to connect, even if we are physically far apart

Counselling and Support Services:

<https://www.pieta.ie/>

<https://mymind.org/>

<https://turn2me.ie/>

www.iacp.ie

For information about online safety visit:

<https://cyberawarenessireland.com/>

<http://www.esafety.gov.au/>

<https://www.safeireland.ie/links/>

Resources



Resources

The following is a list of resources collected from global groups, sites and initiatives tackling stalkerware and technology-facilitated abuse.

Apps that Scan for Stalkerware:

- [Certo](#): Scans your phone and detects stalkerware. Available for Android and IOS
- [TinyCheck](#) - TinyCheck is a free, safe and easy tool to check your devices for stalkerware and monitoring apps

Articles

- [How to check your device for stalkerware](#)
- [“A Stalker’s Paradise”: How Intimate Partner Abusers Exploit Technology](#)
- [As Technology Evolves, so Does Domestic Violence: Modern-Day Tech Abuse and Possible Solutions](#)
- [The Role of Service Providers, Technology, and Mass Media When Home Isn't Safe for Intimate Partner Violence Victims: Best Practices and Recommendations in the Era of COVID-19 and Beyond](#)

Guides:

- [Clinic to End Tech Abuse \(CETA\) guide for Android](#)
- [Five Technology Design Principles to Combat Domestic Abuse](#)
- [Stalkerware detection, removal and prevention](#)
- [Privacy Safety Facebook Guide Survivors Abuse - NNEDV](#)

Video

- [What is Stalkerware](#) from Stop Stalkerware.org
- [Ted Talk: What you need to know about Stalkerware](#)

Training

[Stop Online Violence against Women](#) from Google

Toolkit

- [Technology Safety & Privacy: A Toolkit for Survivors](#)

How to Guides

[CETA is the Clinic to End Tech Abuse](#) and created a collection of materials, tools, and resources to help Intimate Partner Violence (IPV) survivors, support workers, and technologists discover and address tech-related risks.

Checklist:

- [Disconnecting from your ex-partner - a checklist \(short version\)](#)
- [Disconnecting from your ex-partner - a checklist \(long version\)](#)

Top Tips:

- [Checking your smartphone or tablet for spyware](#)
- [Gmail and Google apps - turning on extra security](#)
- [Gmail - checking for suspicious logins](#)
- [Gmail and Google - cleaning up privacy and security problems](#)
- [Google Chrome - privacy checkup](#)
- [Android phones - checking for hidden apps and side-loaded apps \(from an unofficial app store\)](#)
- [iCloud -- cleaning up privacy and security problems](#)
- [iCloud - turning on extra security](#)
- [iCloud - checking for suspicious logins using a Mac laptop](#)
- [Facebook - turning on extra security](#)
- [Facebook - cleaning up privacy and security problems](#)
- [Instagram - cleaning up privacy and security problems](#)
- [WhatsApp - security tips](#)
- [TikTok - Checking for Account Compromise and Increasing Security](#)
- [Hotmail - Checking Privacy and Security Settings](#)
- [Yahoo - checking for suspicious logins](#)

Source: <https://www.ceta.tech.cornell.edu/resources>

Contacts

There are 39 domestic abuse services located in towns right across Ireland. Services are free, confidential and available to all women. You can contact the service that is most convenient for you.



Contacts for Services in Ireland

COUNTY	SERVICE	PHONE	KEY SERVICES
All	National Helpline	1800 341 900	National Freephone Helpline
Carlow	Carlow Women's Aid	1800 444 944	Telephone and Email Support and Court Accompaniment
Cavan	Tearmann Domestic Violence Services	085 8102433 / 087 3654101 / 047 72311	Telephone and Email Information, Advocacy & Support
Clare	Clare Haven Services	065 6822 435	Helpline, Refuge, Advocacy, Counselling, Accompaniment, Support & Advice
Cork	YANA, North and East Cork Domestic Violence Project	022 53915 / 024 25389	Telephone & Email Support. In-Person Appointments & Court Accompaniment
Cork	OSS Cork	1800 497 497	Telephone and Email Support
Cork	West Cork Women Against Violence Project	1800 203 136	Telephone & Email Support, Pre-arranged appointments, Outreach and Court Accompaniment (Mon - Friday, 9am-5pm)
Cork	Cuanlee Refuge	021 4277 698	Helpline, Refuge, Advocacy, Counselling, Accompaniment, Support & Advice
Cork	Mna Feasa	021 4211757	Information, Support, Advocacy, Counselling, Court & Other Accompaniment & Outreach Services

COUNTY	SERVICE	PHONE	KEY SERVICES
Cork	Good Shepherd Cork	021 4274240	Refuge, Support, Advocacy and Advice Services
Donegal	Donegal Women's Centre	074 912 4985	Domestic Violence Trauma Psychotherapy, Information, Referral, Listening Services
Donegal	Lifeline Inishowen	074 937 3232	Drop in & Helpline open Monday - Friday 10.00 - 1.30, Court accompaniment, counselling for adults & children
Donegal	Donegal Domestic Violence Services	1800 262677	Helpline, Advocacy, Counselling, Accompaniment, Support & Advice
Dublin	Sonas Domestic Violence Charity	01 8662015	Refuge, Advocacy, Accompaniment, Support & Advice, Helpline
Dublin	Rathmines Women's Refuge		This service is temporarily closed.
Dublin	Inchicore Outreach Violence Against Women Centre	01 454 5239	Telephone Support, In-Person Meetings & Court Accompaniment
Dublin	Aoibhneas Domestic Abuse Support for Women and Children	01 867 0701	Court Preparation and Accompaniment, Community and Outreach Support
Dublin	Saoirse Women's Refuge	01 463 0000	Refuge, Telephone & Email Support. Rathcoole Refuge is Open; Air BnB hotel accommodation for families with staff on-site to support.
Dublin	Women's Aid	1800 341 900	Drop-in Service in Dolphin House is open for drop in appointments on the 4th floor, Dolphin House, from 9.30am - 12.30pm and 14.00pm - 16.30pm (Mon- Fri)
Wicklow	Bray Women's Refuge	01 286 6163	Helpline, Refuge, Advocacy, Counselling, Accompaniment, Support & Advice

COUNTY	SERVICE	PHONE	KEY SERVICES
Galway	Domestic Violence Response	091 866740	Telephone and Email Support & Court Accompaniment
Galway	COPE Galway Domestic Abuse Service	091 565985	Refuge and 24 hour helpline
Kerry	Adapt Kerry Women's Refuge and Support Service	066 7129100	Helpline, Refuge, Advocacy, Counselling, Accompaniment, Support & Advice
Kildare	Teach Tearmainn	045 527584	Refuge, Telephone and Email Support
Kilkenny	AMBER, Kilkenny Women's Refuge	1850 424244	Refuge, Telephone, Email and Support
Laois	Laois Domestic Abuse Service	057 8671100	Information, Advocacy, Support & Referral Services, Court Accompaniment, Outreach Services
Leitrim	Domestic Violence Advocacy Service	071 9141515	Telephone and Email Information, Advocacy & Support
Limerick	ADAPT Domestic Abuse Services	1800 200 504	Refuge and Helpline (24 hours); Outreach Services/Court Accompaniment by appointment
Longford	Longford Women's Link	043 33 41511	Information, Advocacy & Support, Counselling, Helpline, Referral & Outreach Services, Monday to Friday 9am to 5pm
Louth	Drogheda Women's Refuge	041 9844550	Helpline, Refuge, Advocacy, Counselling, Accompaniment, Support Group
Louth	Women's Aid Dundalk	042 9333244	Refuge, Telephone and Email Support, Court Clinic

COUNTY	SERVICE	PHONE	KEY SERVICES
Mayo	Mayo Women's Support Service	094 9025409 / 087 6569672	Helpline, Refuge, Advocacy, Accompaniment, Support & Information regarding options
Meath	Meath Women's Refuge & Support Service	046 9022393	Helpline, Refuge, Advocacy, Counselling, Accompaniment, Support & Advice
Monaghan	Tearmann Domestic Violence Services	085 8102433 / 087 3654101 / 047 72311	Information, Advocacy & Support, Outreach Services, Court Accompaniment
Offaly	Offaly Domestic Violence Support Service	057 9351886	Information, Advocacy, Support, Court & Other Accompaniment, Outreach Services
Roscommon	Roscommon Safe Link Domestic Abuse Service	071 9664200	Crisis response, Support, Information & Counselling
Sligo	Domestic Violence Advocacy Service	071 9141515	Support, Information and Advocacy
Tipperary	Ascend Domestic Abuse Service for Women	0505 23999	Full Telephone and Email Support, Information, Advocacy & Outreach (Mon - Fri, 9am to 5pm)
Tipperary	Cuan Saor Women's Refuge & Support Service	1800 576757	Refuge, Support & Information, Counselling, Childcare Services, Court Accompaniment. Outreach Support, 24hr Freephone Helpline
Waterford	Oasis House Refuge	0818 272 372.	Refuge, Court Accompaniment, Outreach, Telephone & Email Support (24hrs)
Westmeath	Esker House Refuge	090 6474122	Refuge & Domestic Abuse Support Services
Wexford	Wexford Women's Refuge	1800 220 444	Helpline, Refuge, Advocacy, Counselling, Accompaniment, Support Group

Contacts for Men's Services in Ireland

Men's Aid:

National Confidential Helpline:
01554381 <https://www.mensaid.ie/>

Male Advice Line:

Freephone number: 1800 816 588
Advice and support for Male victims
of domestic abuse 24 hours 7 days a
week

Men's Development Network:

<https://mens-network.net/>



<https://www.safeireland.ie/>



<https://cyberawarenessireland.com>



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<https://www.linkedin.com/in/cyber-awareness-ireland/>

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Supporting Women - Responding to Technology Facilitated Domestic Abuse

