

# **DOMESTIC VIOLENCE**

## **against MEN and CHILDREN**



***Family violence hurts everyone***

*“When paradigms change, the world itself changes with them. Led by a new paradigm, scientists ... see new and different things when looking with familiar instruments in places they have looked before. It is rather as if the professional community has been suddenly transported to another planet where familiar objects are seen in a different light and are joined by unfamiliar ones as well.”*

**Thomas S. Kuhn**

While we have taken every precaution to ensure that the information contained in this booklet is accurate, we do not accept responsibility for errors, omissions or inaccuracies contained within.

It is intended for information purposes only.

# INTRODUCTION

*“All truth passes through three stages:  
First, it is ridiculed,  
Second, it is violently opposed,  
Third, it is accepted as being self-evident”.*

**Arthur Schopenhauer (1788-1860)**

- First, before Amen was formed in 1997, the idea that men were victims and women the perpetrators of domestic abuse was ridiculed.
- Second, when Amen began to raise awareness of the issue, it was met with strong resistance.
- Third, five years later few deny the existence of the problem any more.

This booklet deals with men and their children who are victims of domestic abuse. Since Amen was set up, the demand for information about abused men has been growing steadily. Requests for information have come from men themselves, their friends, family members, students and others. Due to our limited resources we are not in a position to respond adequately to all of the requests and it is for this reason that we have decided to produce this booklet. Anyone who would like to access further information should go to the Amen website [www.amen.ie](http://www.amen.ie).

We would like to acknowledge the support of the North Eastern Health Board which has provided a grant from its lottery funds towards the costs of this publication.

Mary T. Cleary  
Amen  
July 2003.

# **Contents**

<b>Introduction</b>	<b>3</b>
<b>1.ABOUT AMEN</b>	<b>5</b>
a. Background	5
b. Amen's philosophy	5
c. Support services	5
d. Legal services	6
<b>2.DOMESTIC ABUSE/VIOLENCE</b>	<b>7</b>
a. Definition of domestic violence	7
b. Physical violence	7
c. Psychological violence	7
d. Sexual violence	8
e. The effects of domestic violence on men	8
f. The effects of domestic violence on children	8
g. Mutual violence	9
<b>3.ADVICE FOR MEN</b>	<b>10</b>
a. What to do if you are being abused	10
b. Legal protection	10
c. Barring & safety orders	10
d. Protection orders	11
e. Interim barring orders	11
f. Who can apply	11
g. The hearing	12
h. Ancillary orders	13
i. Criminal law	13
<b>4.APPENDICES</b>	<b>14</b>
a. Excerpts from letters to Amen	14
b. Useful contacts	16

# 1. ABOUT AMEN

*“Never doubt the power of a small group of committed people to change the world - that is about the only way it has ever happened in the past.”*

**Margaret Meade**

## **(a) Background**

Amen is a voluntary group, founded in December 1997, which provides a confidential helpline, a support service and information for male victims of domestic abuse. Previously these men suffered silently and alone in abusive relationships. Thousands of men and supportive members of their families, including their children, contact Amen every year. Callers come from all walks of life, every social stratum, all age groups and from every part of Ireland.

Amen volunteers provide information to the men who ring the help-line and assist them in making decisions on the options open to them. At group meetings men share their experiences and provide mutual support for each other. Increasing public awareness about male victims is an important part of Amen's work. This is done through media, interviews, giving talks to schools, libraries, health boards, marriage counsellors and others. This formerly taboo subject has featured in many newspaper articles, radio and television programmes. The organisation also campaigns for greater recognition and support services for male victims from political and statutory bodies and for the inclusion of men, men's groups and men's experiences in the formulation of relevant social policy and legislation.

## **(b) Amen's philosophy**

The philosophy of the group is based on a self-help, participatory, mutual-aid approach. Amen has confidence in men's ability to reclaim control over their lives and offers men the support they need to do this. Total confidentiality is guaranteed

We believe that male victims/survivors of spousal abuse have the right to:

- Feel safe and secure in their homes
- Provide a caring and loving homes for their children
- Have unhindered, meaningful and lasting relationships with their children
- Be treated with dignity in the home and by State agencies
- Services tailored to include all members of the family
- Recognition of their situations by society
- Make changes to improve the quality of their lives

## **c. Support services**

Amen provides advice, support and information on legal, financial, accommodation matters and counselling. This is done through:

- A helpline
- Support Group Meetings
- Individual Support

- Counselling
- Court Accompaniment
- Emergency Accommodation

Amen also:

- Works in partnership with Meath County Council in providing refuge accommodation for men.
- Works in partnership with the Department of Health and the North Eastern Health Board
- Organises conferences, workshops and seminars
- Lobbies for social and legal reform, and services for men
- Publishes education and information material.
- Provides training for volunteers, professionals and groups working with men who experience abuse - social workers, health care professionals, Gardaí and others.
- Assists students who are conducting research .

#### **d. Legal services**

Amen offers support and assistance for men on applications for protection, barring, safety, custody, access and maintenance orders, divorce and separation.

Men seeking legal redress can find the experience of court traumatic. The culture of courts can be intimidating and confusing. For a man who is being abused the problem is compounded by many factors - for example, the fear of facing his abuser in a court of law, the threat of retaliation and the unfavourable treatment of men in the Family Law courts.

A man who is supported through this process is in a much better position to deal with the stress and the prejudices of court and to follow through with his decision to seek a legal remedy.

Amen recommends that men seek legal advice from a family law solicitor. In cases where men are not legally represented Judges may allow a friend (known as a 'McKenzie friend') to accompany them in the courtroom.

#### **How Amen Can Help?**

Amen volunteers help men through the legal process by:

- Preparing the man before he goes to court - explaining court procedures, preparing a history, explaining the law in lay man's terms
- Providing emotional support, both before and after the court proceedings
- Helping the man to deal with the decision of the court, or to appeal it
- Helping the man to decide on possible follow-up proceedings/options
- Helping the man to decide on safety measures for himself and his children

## 2. DOMESTIC ABUSE/VIOLENCE

Domestic violence, family violence, domestic disputes, spousal abuse, battered husbands, battered men, battered wives, battered women, intimate violence and domestic violence against women are examples used, sometimes interchangeably, to describe domestic abuse. Many of these terms, however, concentrate on a marital relationship between the victim and the perpetrator, or are gender specific. The term “domestic abuse,” on the other hand, denotes a much wider form of relationship between the victim and the perpetrator. This term is also gender neutral as violence is a problem experienced by both sexes.

### a. Definition of domestic violence

“Domestic Violence” is the term most often used in Irish legislation and social policy, however as there is no official definition, there is often much confusion as to what constitutes domestic violence.

“Domestic violence” has been defined as any form of physical, psychological or sexual abuse, which puts the safety, or welfare of a family member at risk.

### b. Physical violence

Physical violence is an attack on the body of another person for the purpose of causing pain and injury. This includes being hit, pushed, punched, attacked with weapons or other implements. Injuries include cuts and bruises, black eyes, loss of teeth, broken bones, stab wounds and concussion.

### c. Psychological abuse

Psychological or emotional abuse by a partner is more difficult to define than physical abuse. Physical injuries are visible and can be shown as evidence. This type of abuse can take many forms:

- **Emotional Abuse**

Constant criticism, name calling, mind games, and other humiliating behaviour in private and in public.

- **Threats**

Threatening to hurt, make false accusations, tell lies, kill him in his sleep, leave him homeless.

- **Using Children**

Forcing children to take sides in parental disputes. Damaging father-child relationship, denying access or using access to harass, threatening to take children away. Threatening to injure the children unless there is compliance with her demands.

- **Using Isolation**

Controlling contact with friends and family, unreasonable jealousy, invading privacy by reading private documents/letters/diaries, monitoring phone calls and finances.

- **Denying and Blaming**

Denying abuse, blaming the abused partner, using work and other pressures as an excuse for

their abusive behaviour and minimising the abuse.

- **Economic Abuse**

Having to account in detail for money spent. Being forced to work two-jobs/long hours because of partner's uncontrollable spending habits, forcing the family into debt or not having access to the money that a person earns themselves.

- **Passive Control**

Threatening to harm self, commit suicide if partner does not concede to demands or wants to leave the relationship.

#### **d. Sexual abuse**

Sexual violence is often used to control and humiliate a partner and includes being forced to have sexual intercourse, to perform unusual sex acts, kicking in the genitals and any touching of the body which is unwanted. It also includes unfaithfulness and demeaning comments and comparisons. Men find it very difficult to disclose this form of abuse.

#### **e. The effects of domestic violence on men**

Callers to Amen's help line tell of physical, emotional, psychological and sexual abuse they encounter from their female partners. What women lack in physical size they make up by using the element of surprise. Men are attacked when most vulnerable, often in their sleep, or from behind. Women often get boyfriends, family members or other men to commit acts of violence on their behalf.

In a survey of 40 male victims in Co. Monaghan, Amen has explored the nature of violence experienced by men and found that the effects on them are broadly similar to the effects on women. The impact of the abuse on men included low self-esteem, depression and insomnia. All the men stated that the abuse arose from their partner's need to totally control their lives in every respect. An important finding was that 50% of the men stated that their children had also been physically abused and virtually all of them said their children witnessed the abuse. Concern for their children is the greatest impediment preventing men from leaving abusive relationships.

There are a number of reasons why men are reluctant to disclose the abuse including:

- Fear of not being believed
- Fear of being denied access to their children
- Fear of being judged and blamed for the abuse because of society's prejudices
- Fear of revenge by the abuser
- Fear of partner making false allegations against him
- Fear of being left homeless.

#### **f. The effects of domestic violence on children**

Whilst the impact of domestic violence on women is well documented, recognition of the needs of children who witness such violence or, indeed, are themselves victims of domestic violence, has lagged behind. One reason for this is the tendency to classify women and children together as victims of men's violence. Emerging evidence of women's violence in the home would suggest that society must open itself to the fact that domestic violence affects

every member of the family, including men. Otherwise, one sub-group, the children of men who are abused in the home, will continue to be ignored.

Many researchers fail to differentiate between abused children and those who witness family violence. It has been suggested that both witnessing abuse and also being abused is a double blow for children and appears to be associated with more serious problems for children than witnessing violence alone. Each child will react differently to being abused and/or witnessing abuse. Their reactions will vary depending on the intensity and frequency of the abuse, their age, sex, temperament and the role models available to them. Some of the effects on children living in a violent situation are: poor school performance, low self esteem, disruptive/abusive behaviour, confusion, anxiety, guilt, anger, sleeping problems and insecurity. Childhood exposure to parental abuse closely correlates to perpetration of violence in adult life - i.e., a child who witnesses abuse is much more likely to go on to abuse a partner, perpetuating a 'cycle of violence'.

As long as attempts to address the effects of family violence on children are based on an approach that largely deems men as the sole perpetrators of domestic violence, they are unlikely to reach beneath the surface of the problem, or to provide anything other than a partial solution. Treating domestic violence as a family issue rather than a gender issue would enable a more constructive and balanced review of the effects of violence on children. Such an approach would include the experiences of men, women and all children as victims of domestic violence and would lead to more effective remedies.

### **g. Mutual violence**

Three recent Irish gender neutral surveys show that men and women are equally likely to be both victims and perpetrators of domestic violence and that mutual violence is more common than male-only or female-only violence:

1. a study carried out for the Marriage and Relationship Counselling Service (MRCS)
2. a study conducted for Accord and
3. A research report for the Department of Health.

In the MRCS study showed that domestic violence between couples tends to be mutual in a third of all cases (33%), female-perpetrated in four out of ten couples (41%) and male-perpetrated in a quarter of couples (25%).

The Accord study found that where there was domestic violence, 46% involved mutual violence; in 30% of cases it was perpetrated by women only and in 24% by men only.

The Department of Health study found that, where domestic violence occurs, 50% was mutual with the remainder divided equally between women-only and men-only perpetration.

These findings reflect the results of all independent two-sex studies carried out world-wide which Over 100 such studies are listed on the Amen website [www.amen.ie](http://www.amen.ie).

## **3. ADVICE FOR MEN**

### **a. What to do if you are being abused**

- talk to someone you can trust - such as a close friend or family member
- seek legal advice on the remedies available to you
- keep a record of the abuse- dates, times, injuries
- report the abuse to the authorities - GP, the Gardaí, social workers
- ensure that all the details of your injuries and the assault are recorded
- do not leave the family home unless you and your children are in danger
- do not be provoked into retaliating.

You may wonder what you are doing to cause your partner to behave like this or what you can do to make her stop. You may feel that she controls your life and keeps you isolated. You do not know when the next abuse will occur, but you live in constant fear of it. You may never have told anyone because you feel embarrassed and ashamed and guilty about the abuse. It is important that you know your rights.

- You have the right to expect the same help that is available to female victims of domestic abuse
- You are not the cause of your partner's violent behaviour
- You do not deserve to be abused your partner or anyone else including statutory or social services
- You have the right not be discriminated against because you are a man

### **b. Legal protection**

The information here is very general in nature but we have tried to make it as appropriate as possible for abused men and their children. If you are thinking of applying to the court for protection it would be advisable to seek advice from a solicitor who specialises in family law and can arrange for you to be represented at a court hearing. If you cannot afford to pay for a solicitor help may be provided by the Legal Aid Board. They will provide a solicitor and, if necessary, a barrister provided you meet their eligibility requirements.

### **c. Barring and safety orders**

The 1996 Act prescribes two principal forms of protection - the barring order and the safety order.

A safety order “prohibits a person from further violence or threats of violence. It does not oblige that person to leave the home. If parties live apart, the order prohibits the violent person from watching or being in the vicinity of the home.

A barring order directs the person against whom it is made (the respondent), “if residing at a place where the applicant” or a dependent child resides “to leave such a place”. This prohibits the respondent from further violence or threats of violence. It is not necessary for the applicant to be living in the family home when they apply for a barring order - e.g., a person can apply

from an address other than the family home.

The District Court has the power to grant a safety order for a period of to five years and a barring order up to three years. The Circuit Court can grant orders for longer periods of time.

#### **d. Protection orders**

It is possible to apply for a protection order, pending the hearing of an application for either a barring order or a safety order. A protection order has the same effect as a safety order. The Act specifically empowers the court to make a protection order *ex parte* (in the absence of the respondent) without the service of any documentation on the respondent. This means that the order can be made without the other party being present or informed of the hearing.

To apply for a protection order, you should tell the staff in the District Court that you need this order as a matter of urgency. You must appear before a Judge and state the reasons why you need protection. The judge will decide whether your application should be granted. A written record of the information you give in order to obtain the protection order is kept on the court files and a copy may be obtained by the respondent.

#### **e. Interim barring orders**

A court can grant an interim barring order, pending the hearing of an application for a barring order. An interim barring order has immediate effect requiring the respondent to leave the family home. An interim barring order can be applied for on an *ex parte* basis without the service of any documentation on the respondent. Such an order is effective for a period, not exceeding 8 working days, unless, on application by the applicant for the barring order and on notice to the respondent, the interim barring order is confirmed within that period by order of the court.

#### **f. Who can apply?**

- Spouses - may seek protection against each other.
- Cohabiting couples - people who are not married but are living together. For a safety order, the couple must have been living together for 6 months during the 12 month period before the application for protection was made. For a barring order, the couple must have been living together for 6 months during the 9 months before making an application. A barring order will not be made against a cohabitee who owns the place of ownership or who has greater ownership rights than the applicant.
- Parents - may seek protection against their children over the age of 18 years. However, a court will not grant an order against a child who owns the place of residence or who has greater ownership rights than the parent making the application. Parents may also apply for protection on behalf of their child.
- Persons living together in the same residence - may apply for protection against each other provided the person against whom the order is sought is someone over 18 who is being violent and the court decides that the relationship is not primarily based on a contract eg. a sister or brother.
- Children - can apply for a barring or safety order, but the application must be made by an adult or a Health Board.

- Health Boards - may apply for protection on behalf of a person and/or that person's dependent children in circumstances where the person cannot apply themselves.

## **g. The hearing**

Court hearings in family law case are held *in camera*. This means that only the applicant, the respondent, the court officials and legal representatives are present. Witnesses may be called but can only remain in the courtroom while they are giving their evidence. Children may also be called at the judge's discretion and may be heard in the judge's chambers without any of the other parties being present. Men can employ a solicitor or they may represent themselves. They should assemble all necessary evidence for the court in advance.

Information which is needed when seeking a Court Order includes:

- Names and addresses of both the applicant and the respondent
- The type of order(s) the applicant wishes to apply for
- The names and DOBs of all children of the marriage/relationship and whether any of the children suffer from any effects from the violence (mental/physical disability, adverse reactions, upset at school)
- The facts the applicant relies on - details of incidents of violence and/or threats of violence and other forms of intimidation
- Any evidence likely to support the facts - photographs of injuries due to physical abuse, a letter from a doctor as to complaints of injuries (only if doctor attends and gives evidence or if contents are not disputed by the respondent) or evidence from the Gardaí
- Names and addresses of all or any witnesses
- Details of any previous Barring or Safety Orders
- Details of all contact with Gardaí in respect of any abuse suffered.

Suggestions when giving evidence:

- Stick to the facts
- Tell the truth
- Try to stay calm
- Speak loud and clearly
- Direct your answers to the judge - he/she ultimately makes the decision about the case
- Bring documents and evidence that you may need to prove your case.

### **How is the Respondent Informed of the Making of an Order?**

A judge pronounces his decision in the court and this is followed up with a written document called an "order" which is usually sent by ordinary post to the respondent. The court office sends a copy of the order to the local Garda station. It is useful to notify the Gardaí yourself immediately about the order as it may be necessary to call the Gardaí to your home should there be a breach of the order by the respondent. You should keep a copy of the order with you at all times.

## **h. Ancillary orders**

The court has the power under Section 9 of the Domestic Violence Act, 1996 to make supplementary orders where asked to do so without the party being required to make a separate application. For example, either partner may want the court to deal with issues of custody, access or maintenance. It is therefore advisable to discuss these issues with your solicitor before you go to court.

### **(a) Custody**

This is the physical day-to-day care and control of children. It is possible for a parent to apply for sole custody or joint custody. If you are unhappy with a court decision you may appeal against it. Appeals must be lodged within 10-14 days. In certain cases, the courts can order a report under Section 20 of the Child Care Act 1991 or Section 47 of the Family Law Act 1995.

### **(b) Access**

This is the contact between children and the parent with whom they do not ordinarily live. When considering access, the courts may take account of the wishes of the children, depending on their age.

### **(c) Maintenance**

This is any regular financial support paid by one parent for the support of a dependent spouse and /or dependent children. If the sum to be paid is not agreed, then an application can be made to a Court for a maintenance order. Spouses living together or apart can apply. An application can be made by a parent of the dependent child / children, both marital and non-marital.

### **(d) Guardianship**

This is the legal status of the relationship between parents and their children. It involves the duty to maintain and properly care for children, the right to make decisions about the children's education, and to make decisions about their religious upbringing, health and general welfare. Married fathers are automatically guardians of their children. Unmarried fathers can be appointed guardians either by a court order or by agreement with the mother of the child(ren) in which case they must both sign a statutory declaration to that effect. (While an application for guardianship cannot be made as an ancillary application under section 9, it is important for all unmarried fathers to establish their legal status as guardians at the earliest opportunity).

## **i. Criminal law**

### **Non-Fatal Offences Against the Person Act, 1997**

The remedies under this Act are available to all citizens including those who are not entitled to avail of protection under the Domestic Violence Act, 1996. A complaint should be made to the Garda who may bring a prosecution against the person who is perpetrating the abuse, harassing or intimidating you and/or your children.

## 4. APPENDICES

### a. Excerpts from letters to Amen

If I was ten minutes late coming from work, she would tear into me, often slapping me across the face; I could do nothing right for her. I washed the clothes, did the ironing and vacuumed the house before I went to work. I got up to the boys at night when they were babies while she stayed in bed. I had to leave because of the threats from her family and the beatings from my wife. I just did not know her next move. I can't take much more, watching the pain she's putting the boys and myself through.

The boys need both their parents. As it is, I am afraid that I may lose my children. Martin

My wife has been beating me for years now but for the sake of the child and my home, I have said nothing, also because of the embarrassment of people laughing at me. I am big and she is small. Nobody would believe that when she was pregnant, she stabbed me with a knife; but for the sake of the child I let it go. I don't want to lose my child but she tells me that the judge will not believe me and he always takes the woman's side. After speaking to a Garda and Amen, I think I might have a chance to get my life back. My wife is having an affair and she stays out all night. I always took my child to Mass. Now she won't let him go with me. Tom

When the baby was about eight to ten months old, I was feeding him when she came in and said that she did not know why I was so fond of him as he was not even mine. I felt sick but I told her I did not care, that I loved him and I would mind him. Now she only has time for her boyfriend; she is gone three and four nights a week with him. In the morning my young son says to me, "Is mammy home yet?" It is so sad to hear him say that. We would be better off on our own. She hit me across the back with the brush and said that I would soon be gone. This is a sad life. When her boyfriend sleeps with her I have to lock the door from the inside. I have no say in my house. If the judge hears this he will kick me out and take my child from me. Jim

Dear Amen,

As far back as I can remember my Mother was the one who was physically and emotionally abusive. I watched as she hit my father with whatever was at hand over and over again. I listened as she cursed him to death and worse. My brothers and I were taught that he was a disgrace to humanity we were told that to bear his name was a shame. He was a weakling, a liar, a sneak and any other kind of filthy name she could conjure up. If she was doing something to our Father, or angry with him, we were to side with her and deny what we saw before our own eyes. We were to defend her and to abuse him alongside her. We were subject to the same abuses.

I remember anger and arguments for the early part of my childhood. I can't tell how many times my father would rush into my room in the night with my Mother hot on his trail with whatever weapon was at hand to hit him. I remember a soup ladle landed across his head, a large seashell, and a hurley on another occasion. I never saw my father hurt anyone. Nancy

The first time she used physical violence she bit into my arm. This was significant because it

was the first time she committed physical violence. She now knew that I would not hit her back. From that point on she ruled by violence or the threat of violence. She dominated the household and she did whatever the hell she liked. In the three years before the end of the marriage, the level of violence increased. At first it was sporadic, then weekly, then several times a month, and at the end it was virtually every single day.

Sean

My wife was frequently violent; there would not be any specific reason for a particular act of violence. It could be that she wanted to spend money we did not have, or I did not respond to her requests as quickly as she liked. She might be angry with a member of her family, or simply in one of those moods. When violence did not get her what she wanted, she would take excessive medication and claim she was going to kill herself. I now know she had no intention of doing herself any real harm.

Mark

There is hardly a day that goes by without a thump from my wife. We have two children aged 8 and 10 years. Up to a few years ago, the children did not see or hear any of my beatings, but now my wife does not seem to mind this anymore, only to warn them that they are never to say to anyone outside what goes on in our home. No matter what I do or say, it is taken out of context, blown up and used as the start of rows. Then the beating starts and I have had black eyes, two broken teeth, bruises all over my body. The excuse I give is I had an accident or walked into a door. My own family do not know about my unhappiness in this marriage. I have a good job but my wife controls our finances. I clean, wash and cook when I come home from my work and at weekends, I polish and clean. I walk to the park with the children, but am given a certain time to return. I panic if I am late getting back, as I know I will once again get a thump. Now to everyone else, she is a lovely person, laughing and joking with visitors and her friends, but I try not to join in just in case I say the wrong things. I stay in the kitchen making the coffee or tea when her friends call. . How do I get help?

Cormac

Hello Mary,

I wrote to you about nine months ago about the abuse of my partner.

I told you that most of the time we are happy together and madly in love. But every now and then my temper sours and I lose it to the stage of hitting him. Niall, my partner, is generally a quiet man and doesn't like any confrontation of any sort. I am extremely temperamental and dramatic of any situation. I want to stop and I just don't know what to do. The abuse is becoming more frequent. I went to a counsellor and an alternative medical doctor and a medical doctor also. I have been on Prozac (which didn't help) and alternative medicine also. Nothing seems to be helping me.

Please can you give me some address to contact or books I can read that may help me. I need to sort this out before Niall leaves me.

Deirdre

## **b. Useful contacts**

### **ACCORD**

Email [accordco@iol.ie](mailto:accordco@iol.ie)

Navan 046 9023146

Cavan 049 4331378

Monaghan 047 83359

Drogheda 041 9829614/ 98413860

ACCORD offers support to relationships in difficulty.

### **AIM Family Services**

6 D'Olier Street, Dublin 2. Tel. 01 6708363,

Email [aimfamilyservices@eircom.net](mailto:aimfamilyservices@eircom.net)

AIM provides mediation, counselling and information on family law.

### **Addiction Resource Centre**

52 Glaslough Street, Monaghan. Tel. 047 72100

Provides help for those addicted to alcohol, drugs or those living with the problem.

### **Barnardos**

159 Moneymore, Drogheda, Co. Louth. Tel. 041 9841965

Email [info@barnardos.ie](mailto:info@barnardos.ie),

Barnardos provides a range of family support services.

### **Beginning Experience for Adults**

Dowdstown House, Dalgan Park, Navan, Co. Meath. Tel. 046 9021407.

A support programme for recently separated adults.

### **Citizens Information Centres**

Navan 046 9074086 Cavan 049 4332641

Drogheda 041 9844508 Dundalk 042 9329149

Monaghan 047 82622

Provide free and confidential information on citizens rights and entitlements.

### **Community Welfare**

Navan 046 9021595 Cavan 049 4362403

Drogheda 041 9838605 Dundalk 042 9336148

Monaghan 047 71922

### **Counselling Centre**

Dowdstown House, Dalgan Park, Navan. Tel. 046 9021407

Offers professional counselling for family problems, depression, addiction etc.

**Court Clerks**

Co. Cavan District 049 4331585 Co. Cavan Circuit 049 4331530  
Co. Monaghan District 047 81417 Co. Monaghan Circuit 047 82388  
Dundalk District 042 9334343 Dundalk Circuit 042 9334066  
Drogheda District 041 9838313  
Trim District 046 9031360

**Family Mediation Service**

Tel. 01 8728277.  
Dundalk Tel. 042 9359410  
Helps couples to negotiate separation and divorce agreements.

**Garda Síochána**

Navan 046 9021445 Co. Cavan 049 4331300  
Drogheda 041 9874200 Dundalk 042 9333577  
Co. Monaghan 049 82222

**Gingerbread**

Carmichael House, Dublin 7.  
Tel. 01 6710291  
A support group for those parenting alone.

**Irish Society for the Prevention of Cruelty to Children (ISPCC)**

Tel. 01 6794944/6795129.  
Drogheda 041 9833406 Monaghan 047 84420  
Works to prevent physical, emotional and environmental cruelty to children.

**Legal Aid Board**

Tel. (01) 6615811 / 2400900  
Email [legalaid@eircom.net](mailto:legalaid@eircom.net)  
Law Centres:  
Navan 046 9072515 Co. Cavan 049 4331110  
Drogheda 041 9836084 Dundalk 042 9330448  
Co. Monaghan 047 84888  
A statutory body that provides legal aid and advice in civil cases.

**Táin Centre**

County Infirmary, Navan, Co. Meath. Tel. 046 9027805.  
Provides help for those who are mentally ill and promotes positive mental health.

**Men's Council of Ireland**

7 Parkview, Navan, Co. Meath Tel. 087 2888277  
34 Pineview Grove, Aylesbury, Tallaght, Dublin 24  
MCI is the national representative body for men and men's organisations in Ireland.

**Men's Networking Resource Centre**

Ballymun, Dublin 11. Tel. 01 8623160

Provides a confidential helpline, support services and information for men.

**Men on the Move**

Balsaw, Wilkinstown, Navan, Co. Meath. Tel. 046 9054874

Helps men who have gone through separation and other traumas to rebuild their lives.

**North Eastern Health Board**

Navan Road, Kells, Co. Meath. Tel. 046 9040341

Hospitals:

Navan 046 9021210 Cavan 049 436 1399

Drogheda 041 9837601 Dundalk 042 9334701

Monaghan 047 81811

**Public Health Nurse / Social Worker**

Navan 046 9021595 Cavan 049 4361822

Dundalk 042 933 2287 / 932 7503 Drogheda 041 987 4685 / 983 8605

Co. Monaghan 047 30400

**Health Promotion Dept.**

Tel. 046 9071872

**Parental Equality**

Social Services Centre, Dundalk. Tel. 042 9333163

Provides support for those seeking or practising joint custody and shared parenting.

**Parentline**

Carmichael House

Email [parentline@tinet.ie](mailto:parentline@tinet.ie)

Tel. (01) 8733500

Provides a helpline and support services for parents.

**Rape Crisis Centres**

Freephone 1800 212122

Dublin 1800 778888 Dundalk 042 9339491

Provides a helpline, counselling for victims of rape and sexual abuse.

**RIAN Counselling Service**

Email [rian@nehb.ie](mailto:rian@nehb.ie)

Freephone 1800 234117

Navan 046 9067010

Cavan/Monaghan 049 4377111

For adults who suffered physical, emotional, sexual or neglectful abuse as children.

**The CARI (Children At Risk in Ireland) Foundation**

Tel. 01 8308529

Services for children and families affected by sexual abuse.

**The Samaritans**

National Helpline 1850 60 90 90

Drogheda 041 9843888

A support service to people who are anxious, depressed or suicidal.

**Simon Community**

Barrack Street, Dundalk. Tel. 042 9339583

A voluntary organisation that provides shelters for homeless people.

**TREOIR**

Email [treoir@indigo.ie](mailto:treoir@indigo.ie)

Tel. 01 6700120

The national federation of agencies who provide services to unmarried parents.

**Victim Support**

Freephone 1800 661711 15

Clanbrassil Street, Dundalk 042 9326752

Offers emotional support and practical help to victims of crime.

**FLAC (Free Legal Advice Centres Limited)**

Tel. 01 679 4239

Legal advice and information on a wide variety of matters, including family law.

**Marriage and Relationship Counselling Services (MRCS)**

Tel. 01 679 9341

Counselling on marriage, relationship, separation, divorce and mediation.

**Unmarried Fathers and Separated Fathers Ireland**

Tel. 086 8879444

Provides support for Unmarried and Separated Fathers and their Children

**Women's Aid**

Freephone 1800 341900

Provides information and support to women who are being abused in the home.

**Women's Refuges**

Navan 046 9022393

Dundalk 042 9333244 Drogheda 041 9844550

Monaghan 047 72311

Provide information, support and emergency accommodation for abused women.

**This publication has been produced with the financial support of  
The North Eastern Health Board**



***“Society Does Not Have The Right  
To Discriminate Against Victims Of Domestic Violence  
Because Of Their Gender”***

**Published & Distributed by AMEN 2003.**

**9-10 Academy St., Navan, Co. Meath  
Tel & Fax: (+353) 046-23718  
E-mail: [amen@iol.ie](mailto:amen@iol.ie)  
Web Site: [www.amen.ie](http://www.amen.ie)  
Charitable Status No: CHY13025**