

Useful Numbers

Women's Aid Armagh Down

02830250765

National Domestic Violence

Helpline (Freephone, 24hr):

0808 2000 247

Men's Advice Line:

0808 801 0327

Respect:

0808 802 4040

(If you are concerned about your own or someone else's violent behaviour)

You can get help to:

- Make your home safe.
- Know your rights.
- Build your confidence.
- Plan a safe place to go.
- Recover from the effects of domestic violence.

**In an emergency,
ALWAYS call 999**

IRIS



**Are you being hurt
by someone in
your family, are
you afraid of
someone at
home or are you
in a violent
relationship?**

**Show us this card if you
need help or talk to us
here in private.**

**Identification and Referral to Improve
Safety (IRIS)**

What is domestic abuse?

Physical

Including being hit, kicked or attacked.

Sexual

Having to be sexual when you don't want to.

Emotional

Being called names, put down, made to feel bad or threatened.

Financial

When someone takes or controls your money.

Isolation

When someone controls who you see and when you go out.



We know that domestic abuse is harmful to health.

If you choose to talk to us, we can:

- Support you.
- Put you in touch with someone who can help you.

**Everyone has the right
to be safe at home.
It's not your fault.
We believe you.
We can help you.**
