

## Court Orders

Domestic Orders can be granted by the Family Law Courts for your protection. People who can apply for orders are:

- Spouses or former spouses
- Partners or ex-partners
- People who have children together
- People who have been dating
- If you have a violent adult child
- Two relatives living together in a non-contractual relationship

A Domestic Order prevents an abuser from:

1. Using or threatening to use violence against, or behaving in any way that puts a victim or their dependants in fear.
2. Watching or coming to the home of a victim or dependent.
3. Following or communicating (including by electronic means) with a victim or dependent.

## Types of Court Orders

### **Protection Order**

Lasts until the Court decision on a Safety/Barring Order.

### **Safety Order**

Lasts up to 5 years.

### **Barring Order**

Lasts up to 3 years – Barring Orders have the extra conditions that an abuser must leave the home if they reside with a victim and is prohibited from entering home until the order expires.

For more advice on Court Orders



[www.garda.ie](http://www.garda.ie)



## Contact your local Garda Station



To find your local  
Garda station  
please scan



## Other Support Services

If you are experiencing any of these behaviours or are worried about someone else

Please scan for female support services by county



**Women's Aid** 24/7 National Freephone  
**1800 341 900** Helpline available in over 200 languages



**Men's Development Network**  
**1800 816 588** Mon & Wed: 10am-6pm;  
Tue & Thu: 12-8pm;  
Fri, Sat; Sun, Bank Hols: 2-6pm



**Rape Crisis Centre** 24/7 Rape Crisis Helpline available in over 200 languages  
**1800 77 88 88**



**Childline** 24/7 National Children's Helpline  
**1800 66 66 66**



**Men's Aid** National Confidential Helpline  
**(01) 554 3811** Monday- Friday 9am -5pm



**Safe Ireland**  
**[www.safeireland.ie](http://www.safeireland.ie)**



**[www.whatwouldyoudo.ie](http://www.whatwouldyoudo.ie)**



**DOMESTIC ABUSE**  
AN GARDA SÍOCHÁNA

You are not alone.  
We are here to listen.  
We are here to help.



For more information on  
domestic abuse visit [garda.ie](http://garda.ie)  
or scan the QR code below



If you need help or are in  
immediate danger or require  
Gardaí, dial 999 or 112.



Keeping People Safe



[www.garda.ie](http://www.garda.ie)

## What is Domestic Abuse?

Supporting and protecting domestic abuse victims is a priority for An Garda Síochána.

Domestic abuse can take a variety of forms; it can be physical, sexual, emotional, psychological, financial or online/ digital abuse.

It can occur within a family between one family member against another. It can involve a current or ex-partner, regardless of gender or sexuality. It can involve dating couples who are under 18 years old.

One in four women and one in seven men are victims of domestic abuse.

## Are you concerned about a relative/friend or colleague?

LISTEN

BELIEVE

REASSURE

SUPPORT

*Once a person confides in you about domestic abuse, never react differently towards the abuser, this may place the victim in greater danger*

## Are you in an abusive relationship?

- Are you afraid of your partner? Does your partner intimidate you?
- Does your partner lose their temper easily, use violence or threaten to use violence against you or your children?
- Does your partner threaten to kill you if you leave?
- Does your partner belittle, degrade, humiliate or insult you?
- Do you feel isolated from friends and family? Is your partner jealous of your friends or of you talking to other people?
- Does your partner control your daily activities, finances or passwords, emails/social media accounts?
- Does your partner make you have sex when you do not wish to? Does your partner make sexual demands which you are not comfortable with?



## Indicators of increased risk

- Coercive and controlling behaviour
- Stalking
- Assault – physical or sexual
- Strangulation or choking
- Weapons used
- Abuse during pregnancy
- Killing a pet or an animal
- Threats of suicide or threats to kill partner or children
- Victim leaving or preparing to leave the relationship

**If you need help or are in immediate danger or require Gardaí, dial 999 or 112.**



## Support Services

If you are experiencing any of these behaviours or are worried about someone else, there are domestic abuse support services available nationwide for men and women who can assist with advice on safety planning, provide support to victims and assist in applying for court orders.

If you are a man or woman experiencing domestic abuse or sexual abuse there is a designated app called the Bright Sky App which provides information on domestic abuse and supports services which are available nationally.



[www.garda.ie](http://www.garda.ie)



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