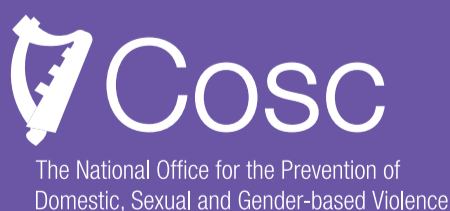


**We're ready
to listen even if
you're not ready
to speak.**

Like many women who call our helpline you might be too upset to talk about what you're going through. Don't worry. That's okay. We'll help you find the words you need so you don't have to suffer domestic abuse in silence.



**National Freephone Helpline
1800 341 900**

10am to 10pm, 7 days a week



WOMEN'S AID
Making Women and Children Safe

www.womensaid.ie