

STAYING SAFE WHILE WORKING FROM HOME

ASK YOURSELF THE FOLLOWING QUESTIONS

- Can I move quickly out of an unsafe space if I need to?
- Can I go outside to take or make calls if I need to?
- Do I have credit on my phone? Is it fully charged?
- Do I have important numbers saved in my phone?
- Are my car keys close to hand / am I aware of bus routes/public transport?

STAY CONNECTED

- Stay in contact with a trusted person. They could be a friend, external family member or trusted work manager/colleague.
- Agree a way of letting them know you need help. This could be word or phrase on the phone or a signal on an online call.

TELL YOUR EMPLOYER

- Consider disclosing the Abuse to your employer or Line Manager when you're ready and it is safe to do so. Your employer may be able to help with managing/sharing your workload and provide you with additional supports.

TIME MANAGEMENT

- Factor in regular breaks to take a walk or some time outside throughout your workday if it's safe to do so. This can be important for your mental health.

HELP IS AVAILABLE. YOU ARE NOT ALONE

- Contact Amber Women's Refuge **0818 42 42 44** or your local Domestic Abuse service when you're ready and it is safe to do so. We can provide you with support & information and help you put a Safety Plan in place.

CALL THE GARDAI Emergency Service **112 or 999** IF YOU FEEL UNSAFE IN YOUR HOME

SEE OVERLEAF FOR INFORMATION IF YOU NEED TO LEAVE YOUR HOME

IF YOU NEED TO LEAVE YOUR HOME

CHECKLIST

- Money ATM, credit and debit cards
- Clothing
- Identification (driver's license, passport, birth certificates for yourself and your children)
- Medication
- Keys to your car, home, and office
- Your children's favourite toys or blankets.
- Useful numbers
- Health insurance information
- Social welfare documentation
- School and medical records
- Welfare ID or work permits
- Housing documents such as a lease, deed, or mortgage payment statements
- Financial records
- Marriage license
- Custody papers
- Immigration papers
- Protective orders

EMERGENCY & OTHER NUMBERS

Amber Women's Refuge 24hr Helpline : 0818 42 42 44

Carlow Women's Aid Helpline : 1800 444 944

Men's Aid Helpline : 01 554 3811



Garda Protective Services Bureau 056 777 5062

Garda Kilkenny 056 777 5000

Garda Carlow 059 913 6620

St Luke's Hospital 056 778 5000

Care Doc Kilkenny / Carlow 0818 300 365 or 059 913 8100

Citizens Information 0761 077 910

ChildLine 1800 66 66 66

KASA, Kilkenny Rape Crisis Centre 1800 478 478

Carlow, South Leinster Rape Crisis Centre 059 913 3344

Kilkenny Local Authority Housing 056 779 4900

Carlow Local Authority Housing 059 917 0300