

Get Help

If you find yourself in immediate danger call 999

Contact the 24 hour Domestic Violence Helpline on **0808 802 1414**
TEXT support **077 97805839**

The Helpline is open to all women and men who are affected by domestic abuse.

Contact Foyle Women's Aid on **028 7141 6800**

Check out our website **www.foylewomensaid.org** for more information.

Talk to someone — a friend, a relative, a trusted colleague.

You may not be ready to leave your relationship yet but it is important to look after yourself and start thinking about how you can protect yourself.

Foyle Women's Aid can help you to draw up a **Safety Plan** – *see over >*

A Safety Plan

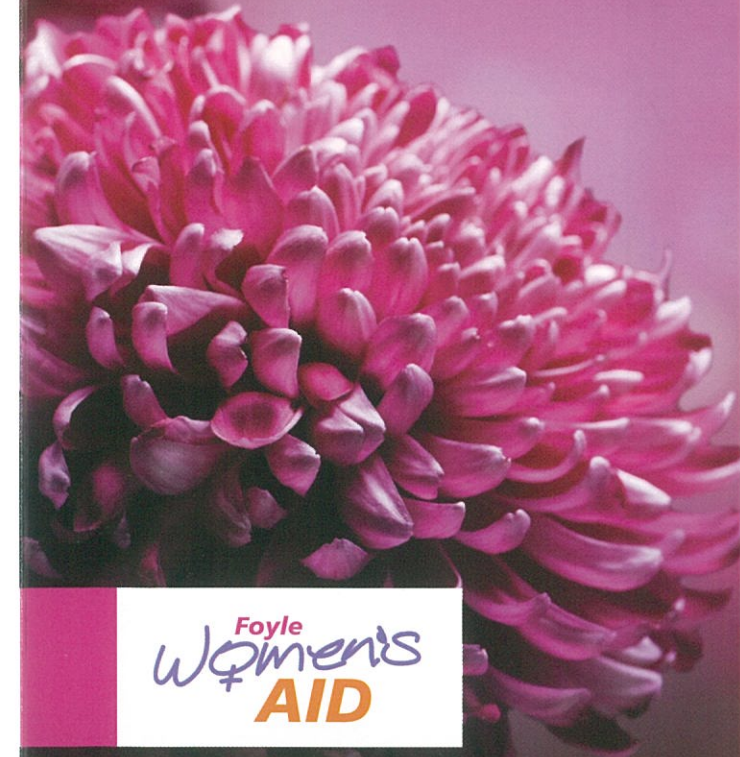
- Keep your mobile phone in credit and charged.
- Have a list of or memorise emergency numbers.
- Identify safe areas of the house and escape routes.
- Put money aside for taxi or bus fares.
- Have extra set of car/house keys.
- Pack an emergency bag in case you have to leave in a hurry.
- Gather important documents together e.g. passport, birth/marriage certificates, bank books, legal orders, list of medications etc.
- Tell a friend or neighbour what is happening.

Your Safety is a Priority

Foyle
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Court Support Services



Print It For Me.com

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What is court support?

This service aims to help you if you have to go to court by giving you information and support. We provide:

- Information about what to expect in court, including a chance to visit the court beforehand.
- Emotional support in relation to your fears and expectations before your case.
- A private room in the court house to wait until your case is dealt with. Tea and coffee.
- A separate entrance to court on request.
- A worker to accompany you and stay with you, who will also help clarify information and liaise with police, solicitors or court.
- A chance to discuss the outcome and get more help or information.

Availability

This service is available to any woman who has to attend court on an issue related to domestic violence.

Women often have to attend court for:

- Non molestation orders
- Occupancy orders
- Residency orders
- Child contact
- Witness in assault and rape cases
- Separation and divorce

If you are nervous about the court process — remember you do not have to go through it alone.

The court support service is independent of the courts or police. It is confidential and free of charge.

How can I access this service?

Contact Foyle Women's Aid on
028 7141 6800

and ask for court support.

Ask your support worker, if you have one, to make the referral.

We understand that women often get short notice of attendance at court. Contact us as soon as you can so we can ensure that support workers will be available.

