

## Domestic Abuse

It is important to Monaghan County Council as a landlord that tenants are safe, well and happy in their home and environment. However from time to time issues can arise for individual tenants that make life difficult.

One of the issues that can arise is domestic abuse which can occur in any relationship, to any individual, regardless of age or gender and can occur at the start or end of any relationship.

### What is Domestic Abuse?

- Domestic abuse is the intentional and persistent physical or emotional abuse in a way that causes pain, distress or injury to a woman or a woman and her children.
- Domestic abuse is the emotional, verbal, physical, financial and sexual abuse of a person in a close or intimate adult relationship.
- Domestic abuse can also include social isolation, ridicule, intimidation, manipulation, financial control and deprivation.
- Domestic abuse is a pattern of power and control by one person against another, be it a boyfriend, girlfriend, partner, husband, wife or family member.
- Domestic abuse is not confined to marriage, but may occur in any type of close adult relationship including other partnerships, families or households.
- Domestic abuse occurs in families from every class, income level, and religious, cultural and educational background.

Abuse can happen at the beginning of a relationship or it may start later on. It usually builds over a period of time as the abuser gains more control and the victim's autonomy and self esteem is eroded. It's rarely a once off event. There may be good times in the relationship, but tension builds up again and the abuse returns. The abuser may say they are sorry and promise to change, but the promise is broken again and again. If the abuser accepts they are doing something wrong, and they take action to change, there is a chance that the abuser may change their behaviour. While this is possible, it does not happen very often. It is important to be aware that men can also be victims of domestic abuse.

*(Definition :Courtesy of Tearman Domestic Abuse Services)*

If you are in an abusive relationship Monaghan County Council encourages you to get help if you are being affected.

The following organisations can give you assistance

- Tearman Domestic Abuse Service which is located The Primary Care Building, Rooskey, Monaghan, Co. Monaghan, Ireland and can be contacted on 047 72311 or <http://tearmann.net/>
- COSC The National Office for the Prevention of Domestic , Sexual and Gender based Violence [www.cosc.ie](http://www.cosc.ie) who can provide information and contacts in relation to this issue

### **How to help someone who you think is in an abusive relationship**

If you think someone you know is in an abusive relationship there are things you could do to help. The important thing to remember is to do it sensitively and, of course, in a way that keeps both of you safe. You can't make decisions for the person you are trying to help. What's important is that they know they have your support whatever they choose to do.

#### **Practical Tips:**

- Ask them how they are. Let them know that they can talk to you.
- Assure them that you are there to help should they need it. For example, you could agree a code word or signal they could make when they are in need of help and/or are unable to access support themselves.
- Always prioritise safety - yours and theirs. The abuser won't appreciate you getting involved so be careful about what you do and where and when you do it. Confronting the abuser is not a good idea.
- Find out information on available support services and encourage them to contact a service so that they can make informed choices. Details of local and national services can be found at [www.cosc.ie](http://www.cosc.ie)
- If you would like advice on how best to safely support the person you are concerned about you too can contact one of the organisations listed above.