

**Women's Aid National Freephone Helpline - 1800 341 900**  
**(<https://www.activelink.ie/node/112486>)**



It can be hard to talk about what is happening to you if you are being abused, but the **Women's Aid National Freephone Helpline is here to help, 24 hours a day, seven days a week.**

Often when women call us for the first time they don't speak as they may be afraid or ashamed.

We understand if you cannot speak today, we are still there to listen and provide support when you are ready.

**1800 341 900 (tel:1800341900)**

**National Freephone Helpline 24 hours a day, 7 days a week**



**Region**

Nationwide

[More Information \(https://www.womensaid.ie/get-help/talk-to-us/\)](https://www.womensaid.ie/get-help/talk-to-us/)

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