

## **ADAPT Domestic Abuse Services** **(<https://www.activelink.ie/node/640>)**

ADAPT Domestic Abuse Services is a voluntary organisation which was set up in 1974 to provide a wide range of supports to women survivors of domestic abuse and their children across Limerick City and County. ADAPT runs the largest refuge in the country providing emergency accommodation for women and children who have to leave their homes because of domestic abuse. It also provides a wide range of outreach services for women who are not staying in the refuge including: 24 hour helpline support, 1-2-1 support in relation to issues arising as a result of domestic abuse e.g. financial and housing concerns, accompaniment to court to seek legal protection, support groups for women who are or have been in an abusive relationship, and educational opportunities for women survivors of domestic abuse.

ADAPT also provides a range of supports for children and young people who are or have lived with domestic abuse. These services include helpline support, one to one support in relation to their experience, emotional and practical support in relation to their concerns, group work programmes for young people, educational support and a play therapy service.

We also work with young people in the general community to promote healthy relationships which are based on equality, dignity and mutual respect. We do this by running our Healthy Relationships Programme with young people in schools and youth groups across the region.

In addition, ADAPT also works with community, statutory and voluntary bodies to raise awareness of domestic abuse and to develop the capacity of groups and individuals to recognise domestic abuse and respond appropriately to the needs of women survivors of domestic abuse and their children. It does this through a variety of programmes and activities including: production of awareness raising materials, co-ordination of public awareness campaigns, development of good practice guidelines and provision of awareness raising training.

### **Contact Info**

#### **ADAPT Domestic Abuse Services,**

ADAPT House,

Rosbrien,

Limerick.

Tel: (061) 412354 (Tel:061412354)

### **Email**

[info@adaptservices.ie](mailto:info@adaptservices.ie)

### **Website**

<https://www.adaptservices.ie/> (<https://www.adaptservices.ie/>)

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