

A **SAFE** Christmas for All



Are you concerned about domestic abuse?

The Christmas and New Year period can bring about an increase in the incidence of domestic abuse due to people spending more time together, higher drug / alcohol consumption, and increased financial pressures. With most of us out of our normal routine of attending work / school, and with limited availability of services during this period, it can feel like an isolating time for victims-survivors. It can also be a challenging time for people who are trying to address their abusive behaviours.

Domestic abuse does not just affect those in intimate or romantic relationships. Domestic abuse can be perpetrated by a parent, son, daughter, sibling, or any other person who has a close relationship with the victim-survivor.

approx.
1 in 4
women
&
1 in 7
men



have experienced domestic abuse in their lifetime.

Applying these statistics to our civil service population of approximately 43,000 people means that...

over
8,000
civil servants
have experienced, or are currently experiencing domestic abuse.



Recognising Domestic Abuse

Domestic abuse can take on many forms and the abuse can often be subtle in nature. The most common types are:



PHYSICAL VIOLENCE: Often the easiest form of abuse to notice / see. It can result in physical injury and in some cases it can be life-threatening and even cause death.



SEXUAL ABUSE: Unwanted sexual attention and sexual degradation up to and including sexual assault / rape.



VERBAL ABUSE: The use of language to ridicule, disrespect, manipulate, degrade and demean.



FINANCIAL / ECONOMIC ABUSE: Control of finances used to isolate a person into a state of complete financial dependence. Without financial independence, it can be very difficult to leave a violent or abusive relationship.



CYBER HARRASSMENT: Control, threats and abuse carried out virtually through email, text messages, telephone messages and online forums.



EMOTIONAL ABUSE: Controlling behaviour and coercive control including:

- Non-physical behaviours that control, isolate or frighten a person.
- Behaviour designed to make a person subordinate and / or dependent by regulating their everyday behaviour, isolating them from sources of support and depriving them of the means needed for independence.
- A systematic pattern of behaviour with the purpose of creating fear through threats, humiliation and intimidation.



Some Warning Signs of Domestic Abuse

- You are constantly 'walking on eggshells' around the person perpetrating the abuse.
- You spend your time trying to work out what kind of mood they are in and the focus is always on their wants and needs.
- They lose their temper easily and over minor things.
- They 'gaslight' you by attempting to sow self-doubt and confusion in your mind; distorting the reality of the situation, causing you to question your own judgement and intuition, e.g. saying that an incident never happened, or telling you that you are overreacting / paranoid.



The CSEAS support line
0818 008 120

will be open and available to staff
over the Christmas period on the
following dates and times:

Wednesday 28th December
9:00am to 5:15pm

Thursday 29th December
9:00am to 5:15pm

Friday 30th December
9:00am to 5:00pm

Reopening as normal from
Tuesday 3rd January at 9:00am

Seirbhís Chúnaimh
d'Fhostaithe na Státseirbhíse



Civil Service Employee
Assistance Service

The CSEAS has experience of supporting staff
members who are or have been affected by
domestic abuse and can offer support by:

- Providing a confidential* space to share any concerns they may have about their own relationship or that of a colleague or loved one.
- Supporting managers in assisting staff members who are affected by domestic abuse.
- Signposting to more specialised services relating to domestic abuse e.g. Women's Aid, Men's Aid, Move Ireland, Tusla, Legal Aid etc.
- Helping the person to develop a safety plan. This contains actions for keeping you and other family members safe from the person perpetrating the abuse.

Please do reach out to us if you are in need of support or even just want to talk. You can also click [here](#) for a list of Domestic Abuse support services.

**Exceptions to confidentiality apply, for further details
please see our website
www.cseas.per.gov.ie*