

Citizen's Information

Information on access to health, social welfare, employment, money and tax, Irish citizenship, and more.

☎ 0818 07 4000

🕒 9am – 8pm, Monday to Friday

Irish Human Rights and Equality Commission

Aim to eliminate discrimination, promote equal opportunities, and protect the human rights of everyone we work with and for.

☎ + 353 (0) 1 8589601

🕒 Mon–Fri 10.30am–12.30pm and 13.45pm–3.15pm.

🌐 www.ihrec.ie

✉ info@ihrec.ie



Immigration and Racism

Immigrant Council of Ireland

Provides detailed confidential information about complex issues within the Irish immigration system.

☎ +353 (0)1 674 0200

🕒 10 am – 1 pm, Mon, Tues, Thurs, Fri & evening support on Tues from 7 pm – 9 pm.

🌐 immigrantcouncil.ie

✉ admin@immigrantcouncil.ie

Crosscare Migrants Project

Provides information and advocacy support to people who have moved to Ireland around the immigration system and related issues.

☎ +353 (0)1 873 2844, 10am – 1pm & 2pm – 4pm, Mon to Fri

🌐 <https://www.migrantproject.ie/>

✉ migrantproject@crosscare.ie

📍 Address 2 St Mary's Place North, Dublin 7, D07 Y768

Nasc

Nasc, the Migrant and Refugee Rights Centre connects migrants and refugees with their rights, supports and services for integration.

☎ 021 427 3594, 9am – 1pm & 2pm – 5.30pm, Mon to Fri

🌐 www.nascireland.org

✉ reception@nascireland.org

Migrant Rights Centre (MRCI)

Provides free, reliable and confidential information on immigration, trafficking for labour exploitation, employment and housing.

☎ +353 (0)1 889 7570/+353 83 075 53 87

🕒 Mon, Tues, Wed, 10am–1pm, 2pm–4pm

🌐 mrci.ie/contact-us/

✉ info@mrci.ie

📍 13 Lower Dorset Street, Dublin 1, D01 Y893

Irish Network Against Racism

Support and advocacy for individuals and communities affected by racism.

☎ +353 (0)1 889 7110

🌐 www.inar.ie

✉ info@mrci.ie

📍 28 North Great George's Street, Dublin 1

Irish Refugee Council

Provides services and support for people seeking protection and people recognised as refugees in Ireland and advocate for humane and dignified protection procedures and responses to people fleeing persecution.

☎ General Helpline: +353 (0)1 7645854

🕒 10am–1pm, 2pm–4pm Mon, Tues Thurs

🌐 www.irishrefugeecouncil.ie

✉ info@irishrefugeecouncil.ie



Housing

Community Action Tenants Union (CATU)

Assists with all housing-related issues, defending tenants' rights and providing support to those facing housing problems.

☎ +353 (0)1 8349851

🌐 www.catuireland.org

✉ admin@catuireland.org

Supports and Protection for Migrant Women and Girls



This Project is supported by



An Roinn Dlí agus Cirt,
Gnóthaí Baile agus Imirce
Department of Justice,
Home Affairs and Migration



Does someone you know make you feel unsafe and/or hurt you?

Gender-based violence can take many different forms. Women can be affected by violence at any time in their lives. Violence can include domestic abuse, sexual assault, early or forced marriage, and 'honour based' abuse.

You are not alone and supports are available for housing, health, legal and immigration.

Women's Aid

Prevents and provides support victims of domestic violence and abuse, including information and court supports

☎ 1800 341 900

🕒 24/7

🗣 240+ languages

🌐 womensaid.ie

✉ info@womensaid.ie

Sonas

For women and children experiencing domestic abuse

☎ 1800 222 223

🌐 domesticabuse.ie

✉ support@sonasdomesticabuse.ie

Aoibhneas

A Dublin based refuge, community and court supports for women and children victims and survivors of domestic abuse.

☎ 1800 767 767

🕒 24/7

🌐 <https://aoibhneas.ie/>

✉ helpline@aoibhneas.org

**In case of emergency:
999/112**



Dublin Rape Crisis Centre

Support for sexual violence, rape and child sexual abuse, including information, counselling and legal supports.

☎ 1800 77 88 88

🕒 24/7

🗣 240+ languages

🌐 drcc.ie

✉ info@rcc.ie



For women in my community

AkidWa

Migrant and gender-specific approach to public services, including Female Genital Mutilation and Forced marriages.

☎ +353 (0)1 8349851

🕒 Mon-Fri, 9am-5pm

🌐 akidwa.ie

✉ info@akidwa.ie

📍 Unit 2 Killarney Court, Buckingham Street, Dublin 1, Ireland

Pavee Point Traveller and Roma Centre

Works at local, regional, national and international levels to address Traveller and Roma inequalities and promote human rights.

☎ +353 (01) 878 0255

🕒 Mon-Fri, 9am-5pm

🌐 paveepoint.ie

✉ info@pavee.ie

📍 46 Charles Street Great, Mountjoy, Dublin, D01 XC63

Amal

A Muslim women-led organization providing essential support to Muslim women and those connected to the Muslim community across Ireland, providing support for victims of gender based violence and race based crime.

☎ ARABIC: +353 899 4626 89, +353 874 677 638
English / Urdu / Hindi: +353 89 981 8044, +353 89 978 4017

🕒 Mon-Thurs, 10am-2pm

🌐 amalwomenirl.com

✉ help@amalwomenirl.com

📍 163 S Circular Rd, Dublin 8, D08 F642

Cairde

Cairde is a community development organisation working to tackle health inequities among minority ethnic communities

☎ +353 01 855 2111

🕒 Mon-Thurs, 10am-5pm

🌐 cairde.ie

✉ info@cairde.ie

📍 19 Belvedere Place, Dublin 1, Ireland

Latina Women Against Violence

A self-organised community group run by and for Latin American migrant women who fight against domestic violence

🌐 <https://www.facebook.com/latinawomenagainstviolence>

✉ info.latinaw@gmail.com

Ethnic Minority Community Development

Migrant and Ethnic minority community development project DSGBV Awareness, training, advocacy

🌐 <https://www.facebook.com/ethnicminorityodvss/>

✉ ethnicminority@odvss.ie

Gardaí Community Supports

An Garda Síochána provide Community Mobile units. Community policing is the provision of a policing service to the whole community both urban and rural through a partnership based, proactive, problem solving style of policing.

🌐 <https://www.garda.ie/en/crime-prevention/community-policing/>



Legal Advice and Aid

Legal Aid Board

Service to those who qualify in areas such as international protection, family law, and assisted decision-making.

☎ +353 66 947 1000, LoCall: 0818 615 200

🕒 Mon-Fri, 9am-5pm

🌐 <https://www.legalaidboard.ie/>

✉ info@legalaidboard.ie