



# **POLICING IN DUBLIN**

**KEEPING COMMUNITIES SAFE**

**Póilíneacht  
i mBaile Átha Cliath**  
Pobail a choinneáil sábháilte







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## EXECUTIVE SUMMARY / INTRODUCTION

Communities deserve to feel safe and protected. However, it is clear that after a decade of mismanagement by Fine Gael in the Justice Department, communities instead feel badly let down. Sinn Féin want to deliver real change for communities across Dublin by getting to grips with the scourge of crime.

Recent high-profile attacks on Gardaí have added to concerns about community safety. Gardai are becoming demoralised, as they are under-funded and over-stretched<sup>1</sup>, and other parts of the justice system, such as the courts, struggle to keep up. After over a decade of Fine Gael justice ministers, the supposed party of “law and order” has lost the trust of many.

The government is out of touch and is failing to act to protect vulnerable people and communities who are impacted the most by crime<sup>2</sup>. In this document, Sinn Féin set out our proposals to end this scandal and protect public safety. We are determined to deliver the change needed to achieve this.

The population in Ireland has grown over the past ten years, especially across Dublin city and county with a 14% increase in the Dublin population between 2011 and 2022<sup>3</sup>. Dublin has also seen a growth in specific crime categories between 2021 and 2022<sup>4</sup>. However, there has not been a similar growth in Garda numbers, resourcing for community Gardaí, resourcing for youth diversion projects, or funding for victim support services. It is crucial that this gap is bridged, so that Gardaí have the support and resources that they need to do their jobs.

Sinn Féin has developed proposals to improve the safety and security of communities across Dublin, who have been failed by successive Fine Gael Ministers for Justice. The failures of Fine Gael to adequately support communities and adequately resource Gardaí has bolstered the criminals who blight the lives of too many communities Dublin. Change is needed and soon.

Our proposals are detailed and deliverable. They set out how communities can be protected and feel safe.



1 Garda group calls out failure to recruit gardaí as new intake falls 33% below target for 2023 (thejournal.ie)  
2 The Victims of Violence - CSO - Central Statistics Office study shows an inverse relationship between disadvantage and a sense of security when walking around in the area where someone lives.  
3 Central Statistics Office (2022). Census of Population 2022 - Preliminary Results.  
4 Central Statistics Office (2022). Recorded Crime Incidents - Comparing annual crime figures Q2 2021 to Q2 2022.

## ACHOIMRE FHEIDHMEACH / RÉAMHRÁ

Tá sé de cheart ag pobail a bheith sábháilte agus faoi chosaint. Is é bun agus barr an scéil, áfach, go mothaíonn an iomarca pobal faoi eagla ina dtithe féin, ar shráideanna na cathrach agus ar iompar poiblí tar éis deich mbliana d’Fhine Gael i gcumhacht. Tá Sinn Féin ag iarraidh fíor-athrú a sheachadadh do phobail ar fud Bhaile Átha Cliath trí dhul i ngleic leis an gcoireacht.

Tá méadú ag teacht ar líon dtuairiscí na gcineálacha coireachta i mBaile Átha Cliath. Tá ionsaithe ar Ghardaí tar éis inní an phobail a meadú. Tá Gardaí ag dul i laige agus tá codanna eile den chóras cirt, ar nós na gcúirteanna, ag streachailt da bharr. Tar éis breis is deich mbliana d’Fhine Gael i gcumhacht, tá muinín ag go leor daoine cailte ag an bpáirtí “dlí agus ord”.

Tá fás agus bláth ar dhaonra na hÉireann le deich mbliana anuas, go go háirithe i chathair agus chontae Bhaile Átha Cliath. Idir 2011 agus 2022, bhí méadú 14% ar dhaonra Bhaile Átha Cliath. Tháinig fás freisin ar chatagóirí sonracha coireachta i mBaile Átha Cliath idir 2021 agus 2022 amháin. Mar sin féin, ní raibh an méadú céanna ar líon na nGardaí, ar acmhainní do Ghardaí pobail, ar acmhainní do thionscadail athstiúrtha óige, nó ar mhaoiniú do sheirbhísí tacaíochta d’íospartaigh. Tá sé ríthábhachtach an bhearna seo a líonadh, ionas go mbeidh an tacaíocht agus na hacmhainní a theastaíonn uathu chun a gcuid oibre a dhéanamh ag Gardaí.

Tá roinnt moltaí forbartha ag Sinn Féin chun sábháilteacht agus slándáil na bpobal ar fud Bhaile Átha Cliath a fheabhsú, ar loic airí eile de chuid Fhine Gael iad, airí a raibh freagracht orthu as Cirt, le breis agus deich mbliana anuas. Chuidigh loiceadh Fhine Gael tacaíocht imleor do phobail agus dóthain acmhainní a sholáthar do Ghardaí le buíonta coiriúla i mBaile Átha Cliath. Tá gá le hathrú láithreach.

Tá ár gcuid moltaí mionsonraithe, costáilte go hiomlán agus inseachadta. Leagann siad amach an dóigh ar féidir pobail a chosaint agus mothú sábháilte.

**THEILEAFÓIN RÚNDA**  
**GHARDA SÍOCHÁNA**  
**66111**

## **In government, Sinn Féin would:**

- *Increase the intake capacity for Garda training in Templemore per year with the introduction of a new hybrid training model. This would increase the numbers who can complete training and attest as sworn members, ending the scandal of under-recruitment.*
- *Engage with Gardaí and their representatives to identify and remedy the cause of increased resignations from An Garda Síochána.*
- *Conduct a Garda recruitment campaign and examine recruitment criteria to make the police more reflective of modern Irish society, including groups that are currently under-represented.*
- *Establish public transport policing on specific DART, LUAS, Irish Rail, and Dublin Bus services to ensure that passengers are protected and can feel safe.<sup>5</sup>*
- *Provide improved resourcing to support the work of community Gardaí in specific areas across Dublin including an increase in new Youth Diversion Projects<sup>6</sup>*
- *Review and extend the return of the proceeds of crime to benefit communities.*
- *Ensure that those who exploit or coerce a child into criminality face up to ten years in prison if found guilty.*
- *Establish new powers in relation to scrambler bikes.*
- *Improve access to justice for domestic abuse victims.*

5 Ibid

6 Sinn Féin. (2022). Budget 2023 - Giving Workers & Families a Break.

## **Agus é sa rialtas, dhéanfaidh Sinn Féin an méid seo a leanas:**

- *An acmhainn iontógála d'oiliúint Garda sa Teampall Mór a mhéadú in aghaidh na bliana agus samhail nua oiliúna hibrídeach tugtha isteach. Cinnteoidh sé seo go n-earcófar dóthain Gardaí gach bliain agus cuirfear deireadh le scannal na tearc-earcaíochta.*
- *Dul i dteagmháil le Gardaí agus a n-ionadaithe chun an chúis atá le héirí as an nGarda Síochána a aithint agus a réiteach.*
- *Feachtas earcaíochta de chuid an Gharda Síochána a reáchtáil dírithe orthu siúd a dhéanann ionadaíocht ar raon níos leithne de shochaí na hÉireann sa lá atá inniu ann*
- *Póilíneacht iompair phoiblí a bhunú ar sheirbhísí sonracha DART, LUAS, Iarnród Éireann, agus Bus Átha Cliath chun a chinntiú go bhfuil paisinéirí faoi chosaint agus gur féidir leo a bheith sábháilte.*
- *Acmhainní feabhsaithe a sholáthar chun tacú le hobair na nGardaí pobail i réimsí sonracha ar fud Bhaile Átha Cliath lena n-áirítear méadú ar Thionscadail Athstiúrtha Óige nua.*
- *Athbhreithniú agus leathnú a dhéanamh ar fháltais na coireachta a chur ar fáil ar mhaithe na bpobal.*
- *Cinntiú go mbeidh suas le deich mbliana sa phríosún orthu siúd a dhéanann dúshaothrú ar leanbh.*
- *Cumhachtaí nua a bhunú maidir le rothair screadaíl.*
- *Feabhas a chur ar seirbhísí d'íospartaigh foréigean teaghlaigh.*



## BEHIND THE FACTS AND FIGURES

- *Ráta coireachta sa phríomhchathair / Crime rates across the capital*

Recent crime statistics released by the CSO show an increase in many serious crime categories across Dublin Garda regions between 2021 and 2022<sup>7</sup>.

Recorded Crime Incidents in Dublin: 2021 to 2022				
	2021	2022	Total	% Increase
Attempts/threats to murder, assaults, harassments and related offences	6,739	7,530	14,269	↑ 12%
Damage to property and to the environment	7,692	9,129	16,821	↑ 19%
Kidnapping and related offences	56	69	125	↑ 25%
Offences against government, justice procedures and organisation of crime	5,977	8,049	14,026	↑ 35%
Theft and related offences	25,211	35,069	60,280	↑ 39%

Table 1 Recorded crime incidents in Dublin 2021 to 2022 (CSO, 2022)

Whilst comparisons during the pandemic are difficult, this rise in specific serious crime categories has been influenced, we believe, by the shortage of Gardaí across the state and in Dublin specifically.

In the decade Fine Gael have been responsible for the Justice ministry, there has been an abject failure of successive ministers to tackle the root causes of crime antisocial behaviour, and drug use. A holistic, wrap-around response is required and Fine Gael's soft touch on these issues is failing communities. It is time for a government prepared to get to grips with these challenges and deliver real change.

- *Neart an Gharda Síochána / Garda strength*

It is our view that more Gardaí are needed to protect our communities, and that current levels are not sufficient to keep up with population growth. For too long, Fine Gael in government have allowed the strength of An Garda Síochána to dwindle and failed to address retention and recruitment shortages.

<sup>7</sup> Central Statistics Office (2022). Recorded Crime Incidents - Comparing annual crime figures 2021 to 2022.





Figures for 2009 show that 14,547 people were serving members of An Garda Síochána<sup>8</sup>. A freeze on Garda recruitment began in that year, instigated by the Fianna Fáil/Green government and implemented despite warnings from the GRA<sup>9</sup>. This embargo eventually ended in 2014. In that year, numbers had declined to 12,799. Figures up to March 2023 state that there are currently 14,036 Gardaí<sup>10</sup>, and once career breaks, maternity leave, job sharing and other factors are taken into account, the available force numbers as of that month are 13,791.5.

However, numbers essentially being the same or lower than 14 years ago, meaning a large per capita decline, is only one part of an increasingly worrying picture. According to a report in the Irish Times, the ability of the force to retain members is under serious threat:

“New data from Garda Headquarters, Phoenix Park, Dublin, also shows 89 members of the force retired in the first three months of the year. And if the rate of resignations and retirements continued to year-end, the force would lose just over 500 sworn members.”<sup>11</sup>

In addition, a recruitment target for the year to date of 425 has been missed by 137 recruits. With not every recruit becoming a sworn member, there is a serious risk of recruits not joining and staying in sufficient numbers to replace those lost in 2023.

8 An Garda Síochána (2021). Garda strengths 1993 - 2021.

9 Gardaí warn against recruitment freeze (irishexaminer.com)

10 An Garda Síochána. (2022). The Garda HR Directorate. [online] Available at: <https://www.garda.ie/en/about-us/our-departments/human-resources-and-people-development/garda-hr-directorate/> [Accessed 22 May, 2023].

11 Garda on course to lose 500 members via resignations and retirements by year-end – The Irish Times

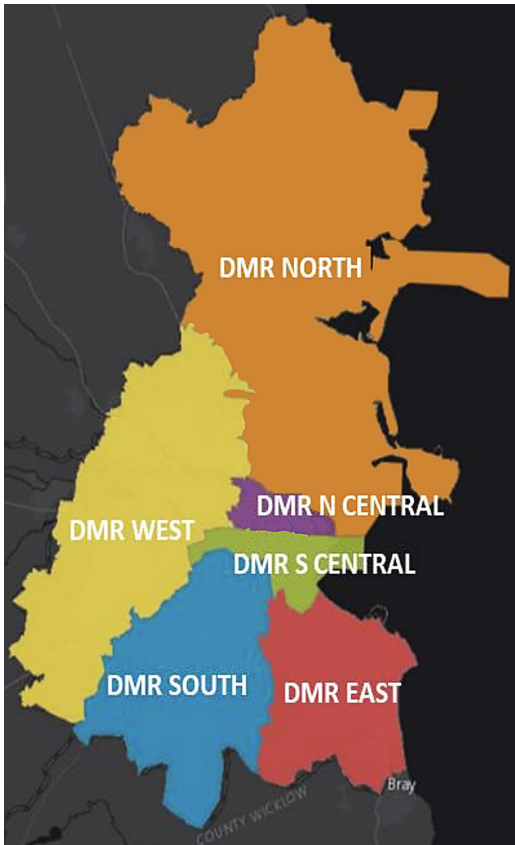


Figure 1 Dublin Metropolitan Region divisional boundaries (Policing Authority 2019)

This lack of new recruits are also cited as an area of concern by Gardaí in engagements with Sinn Féin.

According to Eurostat, the EU average for police officers per capita is in the region of 333 officers per 100,000 across a three-year average between 2018 and 2020<sup>12</sup>. Ireland falls short of this average, with a current 2023 figure of just 274 available officers per 100,000 population.

Overall, these figures represent a damning indictment of the poor delivery and lack of planning that Fine Gael has overseen for a decade within the Department of Justice.

Since coming into government in 2011, successive Fine Gael ministers have overseen the closure of approximately 136 Garda stations in 2012 and 2013<sup>13</sup>. As of 2019, the financial savings to the exchequer from these closures has been a mere €3.29m<sup>14</sup>.

Fine Gael ministers at the time assured the public, stakeholders, and public representatives that these closures would allow for rank-and-file Gardaí to be 'redeployed' to frontline duties within their communities.

Despite repeated attempts, Sinn Féin have not been provided with accurate information on downgraded stations by the Department of Justice. The closures and downgrading of stations have occurred against a backdrop of significant population growth in satellite and commuter towns, and a rise in crimes such as theft, assault, and property damage. Fine Gael's refusal to be upfront about this information is very concerning and undermines public confidence in their handling of this situation.

The Dublin Metropolitan Region lost a projected total of 469 Gardai between the end of 2009 and March 2023 (4,241 vs **3,772**)<sup>15</sup>, at a time when its population increased. Only one station was reopened after a spate of closures in 2012 and 2013.

Communities are in desperate need of a reopening or enhancement of stations, with crime data supporting these calls, but Fine Gael are continuing to ignore the needs of communities – particularly in Dublin.

12 Eurostat (2022). Police, court and prison personnel statistics. [online] Eurostat. Available at: [https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Police,\\_court\\_and\\_prison\\_personnel\\_statistics](https://ec.europa.eu/eurostat/statistics-explained/index.php?title=Police,_court_and_prison_personnel_statistics).

13 Houses of the Oireachtas (2018). Garda Station Closures – Tuesday, 27 Feb 2018 – Parliamentary Questions (32nd Dáil) [online]. Available at: <https://www.oireachtas.ie/en/debates/question/2018-02-27/321/>

14 Loughlin, E. and McConnell, D. (2019). 'Meagre' price for 43 garda stations. Irish Examiner. [online] 13 Aug. Available at: <https://www.irishexaminer.com/news/arid-30943511.html>.

15 An Garda Síochána (2022). Garda numbers by division and station breakdown. [online] Garda HR Directorate. Available at: <https://www.garda.ie/en/about-us/our-departments/human-resources-and-people-development/garda-hr-directorate/>





Gardaí do brave work every day serving on the frontline in often difficult situations. However, they are being let down by the government refusing to give them the staffing levels and resources they need and deserve. In recent media reports, frontline Gardaí spoke of the pressures they face as colleagues continue to leave the service<sup>16</sup>, which is seeing some Gardaí from one station being required to complete overtime in another station, simply to ensure that basic policing duties and functions can be completed. As pressure continues to grow on the system, it is causing a significant morale crisis.

Additionally, there are difficulties with the current Garda roster talks between the Garda Commissioner, and Garda representatives. The lack of urgency on the part of the Fine Gael Justice Minister or Taoiseach to remedy the talks is further evidence of their apathy towards resourcing An Garda Síochána.

Finally, Gardai have not been unaffected by the cost of living crisis, with the GRA leading calls for measures to address the rising costs of housing, food and utilities<sup>17</sup>. The long hours and difficult nature of policing work, with a decreased earning power for members, has lead to a toxic mix and contributed to the retention crisis. Sinn Féin would stand up for ordinary Gardai in government, and look to reduce housing, health and other costs, which are especially pronounced in Dublin.

16 Lally, C. (2022). Frontline gardaí: 'We're demoralised and under pressure... There's zero morale'. The Irish Times [online] Available at: <https://www.irishtimes.com/crime-law/2023/01/19/gardai-were-demoralised-and-under-pressure-theres-zero-morale/>

17 Frontline gardaí seek urgent pay deal review due to cost of living hikes - The Irish Times

## OUR KEY PRIORITIES FOR POLICING IN DUBLIN

- *Earcaíocht agus Coinneáil sa Gharda Síochána | Garda recruitment and retention*

Sinn Féin have developed proposals which outline how the crisis in recruitment and retention can finally be ended by reforming Templemore's training processes. Recruitment and retention of Gardaí is at the heart of restoring safe Gardaí numbers and it is a key priority for a Sinn Féin government.

In order to remedy this, Sinn Féin would implement a hybrid training model for Gardaí which would address these core issues. We have held discussions around the feasibility of this hybrid training model with a number of stakeholders to ensure it could be rolled out efficiently and quickly. This would be a more integrated model of learning where trainees would spend a portion of time in Templemore, while also accompanying frontline Gardaí to take part in on-the-job training in communities, overseen by a sergeant.

This hybrid training model would, with the support of the Garda Commissioner, allow more recruits to learn and assist on the front lines in our communities. This would ensure capacity at Templemore would be increased, while also giving recruits crucial experience on the job. This model was used during the pandemic, to the benefit of Gardaí and the communities they protect.

This measure would ensure that more Gardaí can be recruited and ensure that these unsafe and unsustainable low recruitment rates finally end.

In addition to this new training model, we believe it is crucial to tackle the issue of retention. Gardaí are highly skilled and hard-working, yet too many feel the need to resign their position due to feeling unsafe and unsupported in their roles.

Sinn Féin is also proposing to conduct a survey of serving members, and those who have recently left to identify the factors which may lead, or have already led to, these resignations.

Furthermore, we believe that any government serious about getting to grips with these crucial issues would prioritise extensive and continued engagement with both the Garda Representative Association and the Association of Garda Sergeants and Inspectors to identify who so many rank and file Gardaí are resigning, as well as those in more senior positions. The purpose of this survey and engagement will be to provide practical solutions to stem the flow of resignations in a meaningful way by hearing from those who know these issues best as they live them every day.

In addition to the reforms to the trainee scheme delivered at Templemore, we believe that to achieve improved recruitment figures, it is also crucial to prioritise a recruitment campaign targeting those from backgrounds and communities currently underrepresented, as well as offering improved access to the competency-based driving courses which some Gardaí have little access to due to cutbacks enforced by previous governments.



We would also prioritise the immediate rollout of body camera and dash camera technologies, which has been used around the world for a decade or more, but which successive Fine Gael governments have so far failed to prioritise.

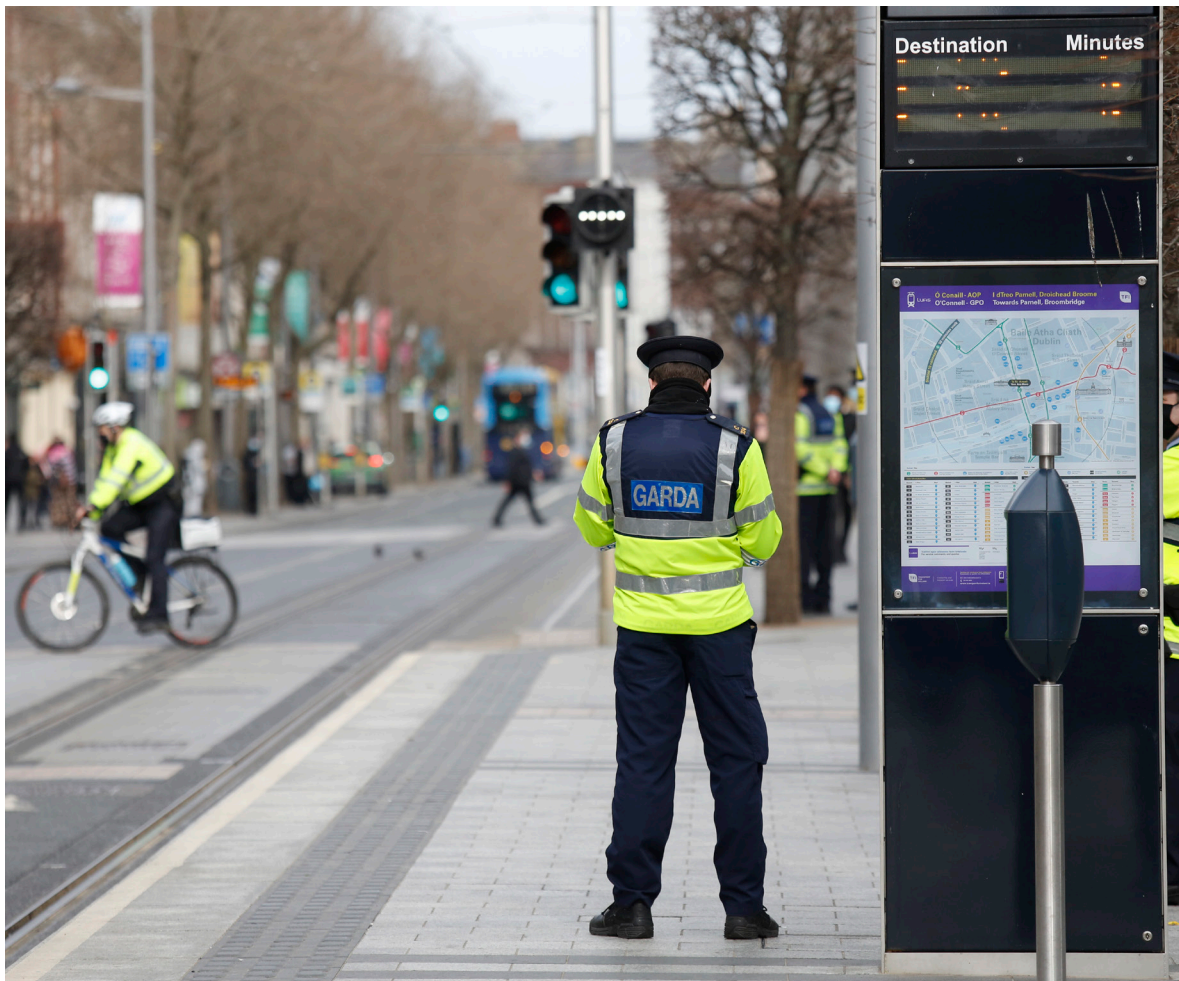
Finally, an increased level of recruits emerging from Templemore must be directed towards the Dublin region, bto address the extreme shortfall in absolute and per capita numbers in the city.

- ***Rannóg tiomnaithe póilíneachta iompair phoiblí |  
Dedicated public transport policing division***

For many years, Sinn Féin has urged the government to act and establish a dedicated public transport policing division within An Garda Síochána, across the rail and bus network. This service would begin in Dublin and then be expanded across the State. We allocated a capital spend of €2.5m for this measure in our Alternative Budget 2023<sup>18</sup>.

A transport policing division would ensure passengers and tourists can feel safe throughout their journey.

At a time when people are being encouraged to use more public transport to ease



congestion and carbon emissions, it is important that passengers can feel safe using public transport in our city. The government has a duty to act and it is vital that Sinn Féin's proposals for public transport policing unit are finally delivered without any more delays.

- ***Póilíneacht Phobail i mBaile Átha Cliath | Youth Justice in Dublin***

There has been limited focus on community policing and youth diversion throughout Fine Gael's long tenure in charge of the Department of Justice. The lack of ambition in Fine Gael's approach was evidenced when the Minister recently secured funding for an additional 6 Youth Diversion Programmes, far short of the allocated funding for 10 additional YDPs in the Sinn Féin Alternative Budget 2023.

This funding, along with our recent Coercion of a Minor Bill 2022<sup>19</sup>, which targets those grooming children to enter criminality, will ensure a two-pronged approach to community safety and youth justice. After Sinn Féin's proposals received support in the Dáil, the government then introduced some measures on the issue. This was welcome but didn't go far enough, as the penalties they contained fall short of what is needed.

We would also examine the establishment of specific divisions to deal with improper and illegal use of scrambler bikes. Following on from the Criminal Justice (Public Order) (Quadbikes and Scramblers) (Amendment) Bill 2021, moved by Paul Donnelly TD, we would carry out a feasibility study to examine how to enforce the powers contained within the bill.

- ***Coireacht eagraithe | Organised crime***

Decent, hard-working communities in Dublin are plagued by the scourge of organised crime. Gangs exploit communities and cause misery through their crimes. Sinn Féin stand in solidarity with communities affected by these crimes and are committed to ending the shameful influence these criminals hold over the lives of too many.

Sinn Féin has long argued that any money seized by CAB should be ring-fenced and returned to communities to tackle disadvantage and to fund prevention, treatment, and rehabilitation services.

In 2021, Sinn Féin introduced the Proceeds of Crime (Investment in Disadvantaged Communities) Bill, which allows for the reinvestment of CAB seizures into the communities most affected by organised crime, in order to alleviate the impact of organised crime and drug use in those areas<sup>20</sup>.

The government's Community Safety Fund was a clear response to our work in this

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19 Coercion of a Minor (Misuse of Drugs Amendment) Bill 2022.

20 Proceeds of Crime (Investment into Disadvantaged Communities) (Amendment) Bill 2021



area, and although it is a welcome step, more must be done. In government, we would review this existing scheme and look to broaden its reach and resources.

Prisons and juvenile detention centres are in danger of becoming universities for serious crime, with offenders going in for less serious crime and emerging more deeply embedded in criminal networks than when they entered. Appropriate funding for psychologists and programmes that aid rehabilitation would be made available.

- ***Rochtain ar cheartas / Access to justice***

Access to justice for those experiencing domestic and gender-based violence, and those with cases before the family courts, has become a major issue. The courts system must be reformed so that it can hear cases without any unnecessary delays. Figures released to Sinn Féin recently indicate that the current waiting time for hearings in family court is between 3 to 24 months<sup>21</sup>, depending on where the case is being heard.

Crime victims also face a long wait for a hearing at district and circuit court level, where wait times vary from 6 to 36 months for trial<sup>22</sup>.

Across Ireland, people are becoming more and more aware of the scourge of domestic and gender-based violence, intimate-partner violence, harassment, and coercive control. Many survivors will turn to the courts for help in freeing them from their abuse by applying for domestic violence orders and instituting divorce orders and separation agreements through the Family Courts. In some cases, partners may face convictions under the criminal law through the District, Circuit and Criminal

21 The Courts Service (2022). Waiting times data for Deputy Martin Kenny. [Letter].

22 The Courts Service (2022). Waiting times data for Deputy Martin Kenny. [Letter].





Courts. The complexity of these proceedings, as well as the lack of co-ordination between the different civil and criminal strands, is often traumatising for victims. In many instances, barring orders are granted in one court whilst visitation rights for an abusive partner are granted in another court.

Organisations such as Women's Aid have praised progress on the part of Gardaí on their rollout of Operation Faoiseamh during the pandemic, and a renewed Garda approaching situations of domestic and intimate partner violence<sup>23</sup>. However the Courts Service lags behind owing to the delays detailed above. As part of a detailed submission made by Women's Aid on the Review of the National Strategy on Domestic, Sexual and Gender-based Violence, they stated the following:

Our experience supporting mothers separating from an abuser indicates that the family law system fails women and children who are separating from a domestic abuser. The process is prolonged, costly and disempowering.<sup>24</sup>

Sinn Féin in government would deliver much needed change to invest in our courts system and ensure that victims have access to a fair hearing and proper justice. Delays are inexcusable and mean too many people are left without justice for too long. Sinn Féin would end this scandal and ensure that our courts are fit for purpose. Alternative mechanisms such as Restorative Justice and Community Sanctions for less serious crimes must be explored also.

23 Women's Aid (2021). Submission to the Joint Committee on Justice on women's shelters / domestic abuse refuges.

24 Women's Aid (2021). Submission to the Review of the National Strategy on Domestic, Sexual and Gender-based Violence.



## Conclusion:

The Justice system is on its knees after successive failures by Fine Gael in government. Sinn Féin in government would stand up for communities and ensure that they are protected and feel safe. We would deliver these important changes to make a real change in the lives of communities across Dublin. Our proposals are costed, detailed and deliverable.

We have outlined how we would introduce a hybrid training model to increase training capacity, ending the scandal of under recruitment which has seen Garda ranks shrink to dangerous levels. We have outlined how we would address Garda retention issues, by supporting guards to do their jobs, safely and effectively. We have also demonstrated how we would end unsafe station closures where there is community need, introduce a transport policing unit to protect passengers and invest in our court services to support victims.

Sinn Féin in government would give policing the priority it deserves and end the ongoing scandal of communities feeling unsafe. Our vision sets out how these changes can be secured with the ambition and desire to deliver long overdue reforms.

It is time for a government that is willing and able to get to grips with these important issues. It is time for policing in Dublin to protect communities. It is time for change.



## SUPPORT SERVICES

If you have been affected by any of the issues raised in this document, please contact one of the following organisations:

- *Women's Aid 24/7 confidential helpline:* 📞 1800 341 900

- *Women's Aid instant messaging service for those who are deaf or hard of hearing also available online (operating times vary):* [www.womensaid.ie](http://www.womensaid.ie)

- *Men's Aid confidential helpline (9am-5pm, Mon-Fri):* 📞 01 554 3811

- *Dublin Rape Crisis Centre 24/7 national helpline:* 📞 1800 77 8888

- *Dublin Rape Crisis Centre text service for those who are deaf or hard of hearing (8am -6.30pm, Mon-Fri):* 📞 086 823 8443

- *Samaritans 24/7 national helpline:* 📞 116 123

- *Samaritans email service also available (operating times vary):* ✉️ [jo@samaritans.ie](mailto:jo@samaritans.ie)





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