Rape Crisis Midwest

ANNUAL REPORT 2025

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Rape Crisis Midwest - Statement of Values

Rape Crisis Midwest (RCM) works for the protection of all people from all forms of sexual violence and abuse. RCM primarily support survivors of sexual violence through free and confidential support, advocacy and counselling. We work from an intersectional feminist framework, which begins with an understanding of the unequal power relationships created by the sex/gender system. This core inequality intersects with class, 'race', ethnicity, age, legal status and disability.

RCM is a non-judgemental inclusive organisation that welcomes the diversity and differences in our society and works with the intention of providing support to any person that may need it. The operating ethos of RCM is based on a recovery model, in doing so it takes a fundamentally different approach to the medical model. The core difference is that structure of service delivery, models of support, counselling in place and the recruitment and training of staff and volunteers, are all informed by understanding the nature of power and abuse of power underpinning sexual violence.

RCM responds to the needs of survivors of all forms of sexual violence, recent and/or historical, we use a feminist analysis of power and violence, bringing the voice, experience and expertise of individual survivors to this analysis. RCM also works to inform changes in legislation, education and societal attitudes on a local, regional and national level, to benefit all society. RCM services utilise a survivor-centred and trauma-informed service delivery model, operating from the knowledge that survivors have the capacity to grow and heal and that they are the experts in what they need. Survivor identified indicators of recovery and healing inform the way in which the delivery model is shaped.

Delivering a trauma-informed model means services begin from the understanding that a survivor's reactions are a normal response to trauma. RCM believes that responding to sexual violence in our society and holding perpetrators to account starts with supporting survivors in ways that are respectful of their dignity, healing and choices. RCM works to hold perpetrators accountable for their behaviour and/or crimes and to counteract rape culture and victim blaming.

The headquarters for Rape Crisis Midwest services is in Limerick with satellite services in both Ennis and Nenagh. Our service delivery includes: crisis counselling; long term therapy; Garda and court accompaniment; advice, to both survivors, and their supporters; and sexual violence training to individuals and organisations. RCM works nationally in partnership with Rape Crisis Ireland (RCI) and are funded by Cuan –the Domestic, Sexual & Gender Based Violence Agency.

Glossary of Abbreviations

- RCM – Rape Crisis Midwest
- Cuan – Domestic Sexual & Gender Based Violence Agency
- DOJ – Department of Justice
- DSGBV – Domestic Sexual & Gender Based Violence
- AGS – An Garda Síochana
- IPS – Irish Prison Service
- SATU – Sexual Assault & Treatment Unit
- FME – Forensic Medical Examination
- STI – Sexually Transmitted Infections
- HSE – Health Service Executive

Our Vision

The vision of Rape Crisis Midwest is of a society, where all adults and children live free from sexual violence.

Our Mission

The mission of Rape Crisis Midwest is to improve the lives of those who experience sexual violence or abuse and to work towards the elimination of sexual violence and abuse in our society.

Board of Directors

The Board of Directors held nine meetings during 2025 where the below names Board Members attended. Sub-committees covering areas such as Finance, Audit & Risk, HR and Policy & Governance took place throughout the year.

Directors: Dr Mary Kelly (Chairperson), Yvonne Murphy (Vice Chairperson), Caroline Holmes, Marguerite O Neill, Dave Devery, Thomas Dawson, Joanne Garvey

Michael Howes resigned from the board in 2025, thank you to Michael for his commitment and work with Rape Crisis Midwest throughout his time on the board. The board welcomed three new board members from April 2025 – Dave Devery, Thomas Dawson and Joanne Garvey.

Services

RCM services are delivered from three locations, RCM headquarters in Limerick and satellite centres in Ennis and Nenagh. Services provided include, 1:1 counselling and therapy sessions, initial intake meetings for access to services, accompaniment appointments with An Garda Síochana and information and support appointments for survivors and supporters.

Chairperson's Message

In reviewing our work at Rape Crisis Midwest (RCM) in 2025 we acknowledge a very productive and reflective year. Productive in our efforts to increase accessibility to and the responsiveness of our services to survivors. Reflective in the shared production of a new strategic plan, re-committing to our central mission to support survivors in their recovery and setting out clear objectives for the strengthening our services over the next five years.

Our counselling team continue to show extraordinary commitment, empathy, expertise and resilience in their capacity to respond to survivors needs. Their continuing adaptability to change, in the interest of best and evolving practice and the complex needs of survivors, is both commendable and courageous. We are deeply indebted to them.

We deeply appreciate and value the contribution made by our volunteers this year in accompanying and supporting survivors through Garda interviews, court proceedings and forensic medical examination processes. They are generous committed people and their work makes a significant contribution to the welfare of survivors. We thank volunteers sincerely for their continuing support.

We acknowledge the financial support of Cuan, our primary funders. Increases in funding this year have allowed us to extend some counselling hours. We are committed to working with Cuan to improve our services and reduce client waiting lists for counselling and other supports.

We are fortunate to receive some financial and other supports from businesses and individuals in the Midwest. 2025 sees the culmination of our vision for a permanent home for our satellite service in Nenagh with the purchase and outfitting of a premises in the town. This purchase has been made possible by a generous contribution from the JP McManus PromAm Fund.

We recognise that the mission to eradicate sexual violence and to adequately support survivors is a mammoth task. At this time, the proliferation of sexual violence online and the growth of the manosphere and incel culture create conditions that undermine sexual autonomy and consent. That said we are well placed to counter this rape culture and to

continue to support and defend survivors. To our committed staff, volunteers and board members, grateful thanks. To our funders, great and small and to our community of support in the Midwest. Míle Buíochas.

Mary Kelly,

Chairperson, Rape Crisis Midwest.

Executive Directors Message

As I look back on 2025, I one again see a year of growth and evolution within the organisation and the sector itself. I want to thank each and every staff member for the work you do and the dedication and commitment you show each and every day. Your commitment to your work and the clients you work with is incredible and I am grateful to be part of our team, I appreciate the work you do each and every day.

The delivery of high standard, compassionate and inclusive services is a key goal of the work here at Rape Crisis Midwest. Each stakeholder, be it survivor, staff member, board member, volunteer, funding partner, donor, ally or supporter, all add meaningful contributions to these goals.

As I reflect on 2025, I am grateful for funding provided by Cuan, which supported the organisation to provide additional clinical supervision and Continuous Professional Development (CPD) training for the team here at RCM. Going into 2026, this funding will aid the organisation to provide additional CPD training for the team and continue with provision of clinical supervision. This commitment to supports and training for the team here at RCM instils the importance of staff welfare to ensure the delivery of high quality services.

Monthly meetings with the volunteer team took place regularly throughout 2025; I want to thank the volunteer team wholeheartedly for their work throughout the year. The RCM accompaniment services, Court, Garda and FME, would not be able to operate without your consistent commitment and support. RCM commits to the continuing support of the volunteer team and plans to expand and develop this part of the organisation into the future.

In 2025, Rape Crisis Midwest had the opportunity to take stock and review its strategic objectives. The problematic fact that sexual violence is a consistent and pernicious problem in society, especially for women and girls, is something that will guide the strategic direction of the organisation. RCM will move forward with a consistent commitment to provide support services to survivors and their supporters. Consistent in the knowledge that sexual violence and the societal systems that maintain it, must to be challenged, perpetrators must be held to account and services must meet the needs of a diverse society.

I will continue to advocate for increased services for survivors in the Midwest, importantly including the establishment of a dedicated SATU for the Midwest. Another key goal of mine in 2026 is to re-establish the training and education role in RCM. This role will work to provide essential education in the area of sexual violence awareness to all people in the Midwest, and will be a key action in working to prevent sexual violence in our society. Go Raibh Maith Agat,

Siobhán O Leary

A Message to Survivors

To the survivors that access our services – past, present and future, Rape Crisis Midwest is a service for you, by you and will be there for you when you are ready for support. We want you to hear that we believe you, we support you and we are here for you.

Rape Crisis Midwest will continue our work in holding perpetrators to account and highlighting the injustices and barriers survivors face when seeking justice. Rape Crisis Midwest commits to keeping you at the centre of our services and commits to listen and hear what you are saying.

Survivors will continue to be our guiding light and Rape Crisis Midwest will continue in its work to make sure survivors are heard, believed and find justice and healing in whatever form that may take.

2025 Operating Highlights

- RCM services continue to be delivered from three areas, in Limerick, Ennis and Nenagh.
- A counselling support session role was operationalised in 2025 to support those on the waiting list whilst awaiting placement with a long-term counsellor/therapist. This role supported people with early intervention support while awaiting services. This role continues to be funded into 2026.
- RCM expanded services with the support of Cuan, the Domestic Sexual & Gender Based Violence (DSGBV) Agency. RCM extends thanks to Cuan for the continued support and collaboration throughout 2025.
- RCM was successful in application to an open call funding opportunity by Cuan in late 2025. This open call funding will add additional counselling roles in the Limerick and Nenagh services, along with additional supports toward the Adolescent Counselling services.
- Purchase of a property was finalised in 2025 in Nenagh town centre. RCM would like to extend heartfelt gratitude and thanks to the JP McManus ProAm Fund for their kind donation that made this purchase possible.
- RCM reviewed their strategic plan over the course of 2025. Thank you to *Just Economics* for their work with this process. The reviewed strategic plan 2025-2028 launched in November 2025 and is available by request to info@rapecrisis.ie . This plan will guide RCM work and strategic direction for the coming years. Key strategic objectives include;
    - *Continue to deliver high quality, specialist services for survivors and supporters and reduce waitlist times for accessing support.*

- *Diversify services to include ancillary supports for survivors and supporters and strengthen the legal service offering.*
- *Refine and deliver a high-quality education and training programme that has the potential to become income generating over time.*
- *Engage in policy and advocacy work on issues relevant to survivors, communicate more effectively with stakeholders and support longer-term campaigns to tackle structural inequalities in society.*
- *Build organisational capacity to promote staff wellbeing, meet demand and improve communications*

- Over 100 people participated in the 10th annual Kayak Fundraising event in August 2025
- Fundraising Christmas appeals were held in Ennis, Nenagh and Limerick in December 2025
- RCM hosted the delivery of specialised Rape Crisis Counsellor training by Rape Crisis Ireland throughout 2025 – this will run through 2026. Two staff members from Rape Crisis Midwest also participated in this training.
- Rape Crisis Midwest continued the Limerick prison in-reach counselling service through 2025, this service is set to increase for 2026.
- RCM continued use of the Mosaic database system provided by Rape Crisis Ireland continues to equip the organisation with the key data that highlights the needs of survivors across the Midwest. The following is a report of the key data metrics from 2025.

1. Counselling & Therapy Services

Rape Crisis Midwest offers specialised crisis counselling and long-term Psychotherapy to adult survivors of any form of sexual violence. RCM also provide Adolescent Counselling and Psychotherapy services for those aged between 16 -25 years old. All RCM Psychotherapists are professionally qualified and accredited via a nationally recognised accrediting body.

Given the demand for counselling services, RCM do operate a waiting list for these services. In support of those on the waiting list, RCM operationalised a dedicated role to provide support sessions to people while they are on the waiting list.

A high-level objective in the 2025-2028 RCM strategic plan, it to continue and expand our counselling services and reduce wait times for survivors.

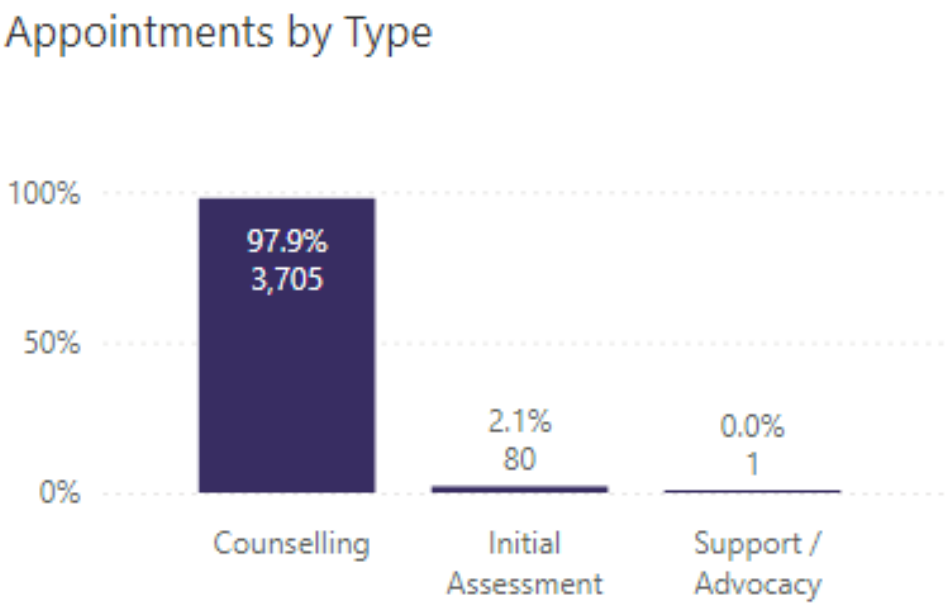
The provision of support sessions for people on the waiting list will now be delivered consistently into the future. This provides the opportunity for early intervention with survivors and provides early support where appropriate and required.

Rape Crisis Midwest also provide in reach counselling sessions for Limerick Men's and Women's prison. A Rape Crisis Midwest Psychotherapist works in the prison two days per week providing ongoing counselling session for prisoners. This service is funded by the Irish Prison Service (IPS) via the Department of Justice (DOJ).

The following statistics offer a snapshot of 2025 and highlight the continuing demand for support services.

1.1 Appointments Provided in 2025

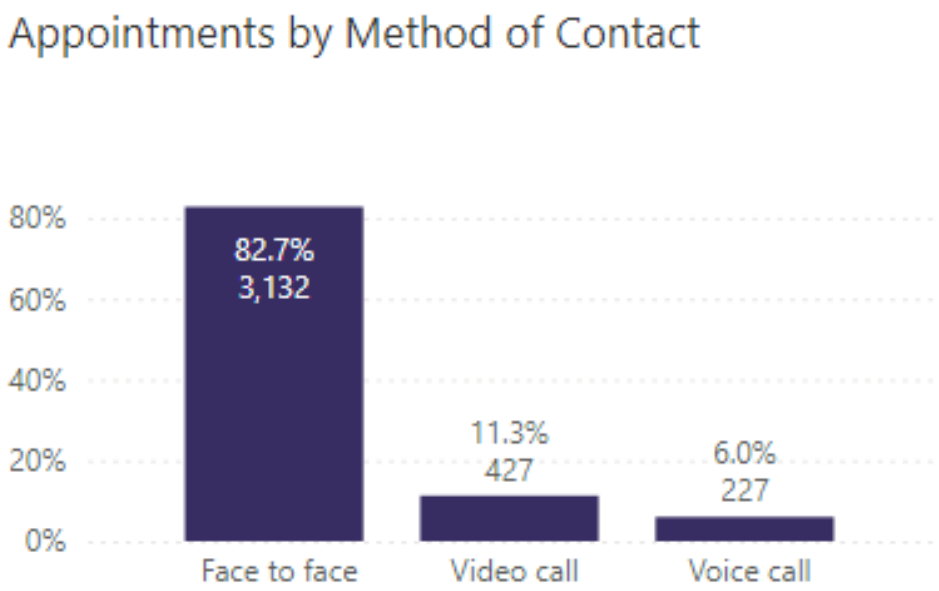
- In 2025, RCM provided 3,786 appointments to survivors of sexual violence. Of these appointments, 3,705 were appointments for counselling or therapy, 80 were for an initial assessment and 1 was for advocacy and information support.



- The majority of services RCM provides to clients consists of counselling and therapeutic supports, this is illustrated in the graph above and represents the core work and type of support delivered by RCM staff.
- Overall provision of appointments increased by over 25% in 2025. RCM provided 80 initial assessments to new referrals to the service.
- The above graph represents services provided to 282 individual clients across 2025

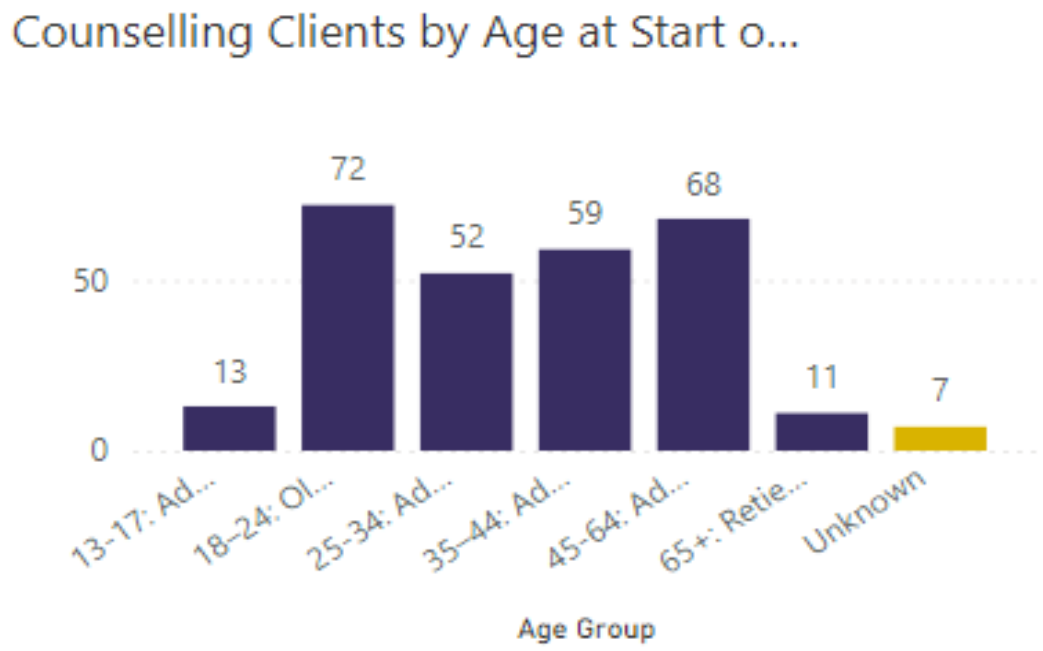
1.2 Method of Contact

- The graph below illustrates the data in relation to method of contact for counselling and assessment appointments.
- Appointments are primarily delivered via face-to-face meetings. However, staff also provide the option for clients to meet via video call and or voice call.



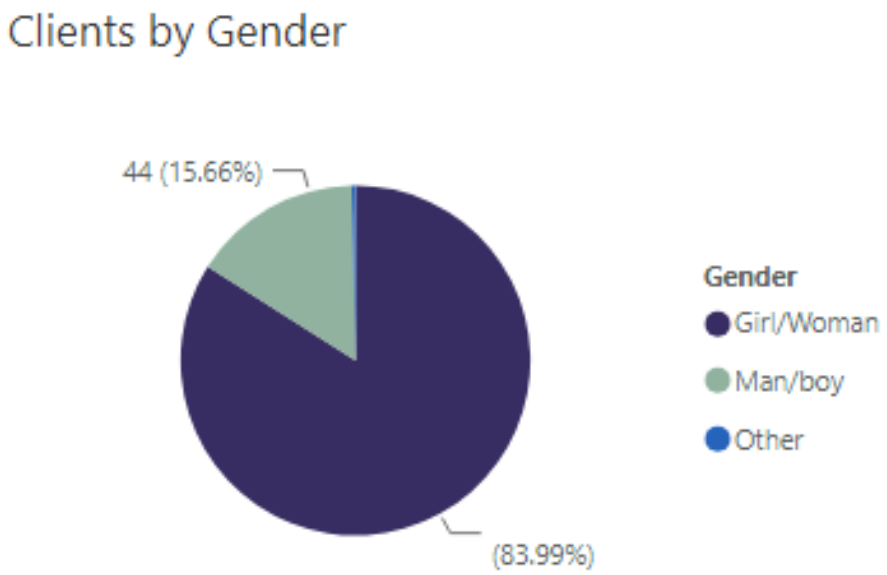
1.3 Client Age Profile

- The graph below illustrates the breakdown in age profile of those attending for counselling services in 2025.
- The most common age profile of clients attending for appointments is the 18-24 year old. The second most common age profile of clients attending appointments is the 45-64 year old age bracket.
- Statistics are recorded according to the age of the client at the point of first engagement with RCM. As the age of the client when the sexual violence occurred may differ greatly from the age at which the client presents for support.



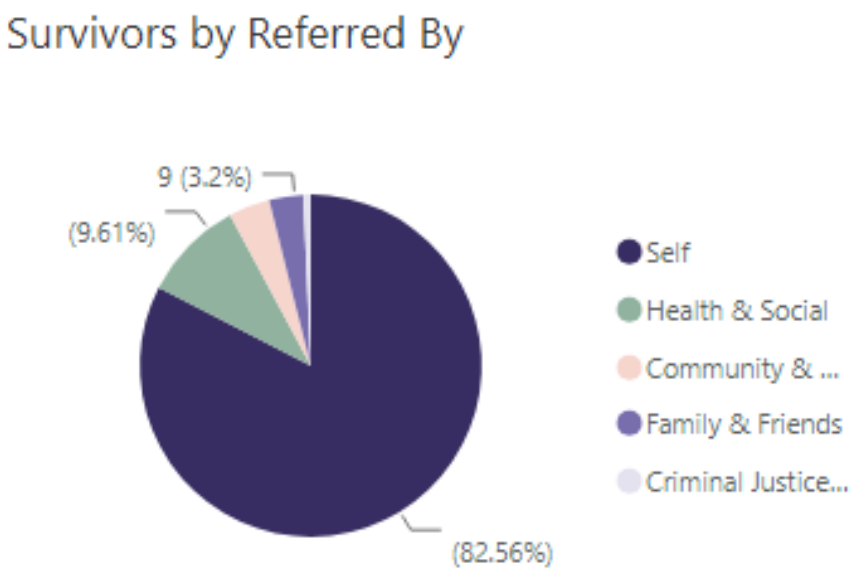
1.4 Client Sex & Gender

- The graph below illustrates the breakdown in gender of clients attending RCM services – the majority of clients presenting (84%) identify as female. This statistic is in line with national and global data.
- Clients that identify as male (15.66%), represents a small increase in male clients compared to 2024 (15%). Since 2020, the number of male clients has steadily increased from 12% in 2020 to 15% in 2026. While this may not appear to be a large increase, it does however illustrate that the number of those that identify as male are accessing RCM services increasingly each year.
- Percentages of those attending that identify as male have increased steadily since 2020. RCM remains a service for any person that requires support, regardless of gender.



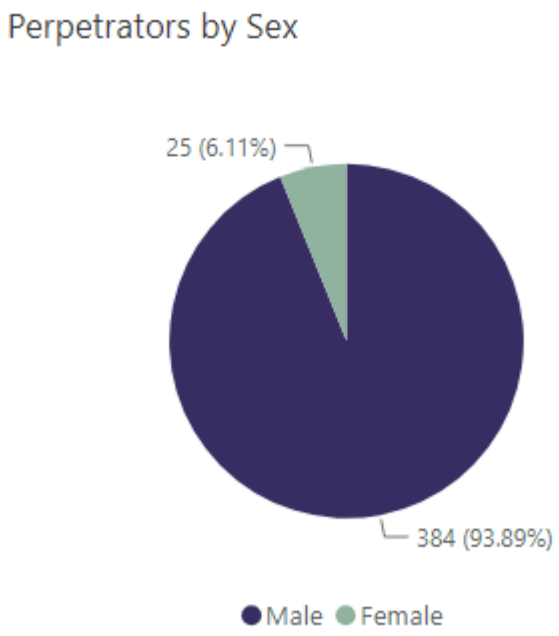
1.5 Client Referral Pathway

- The graph below illustrates the breakdown of referral pathways for clients accessing RCM services.
- The vast majority – 82% of survivors self-refer into the service – this would be by ringing the free helpline for advice or making contact via email or social media.
- RCM also takes referrals from Health & Social Care services, Community and NGO organisations and the criminal justice system such as An Garda Síochana or legal services.



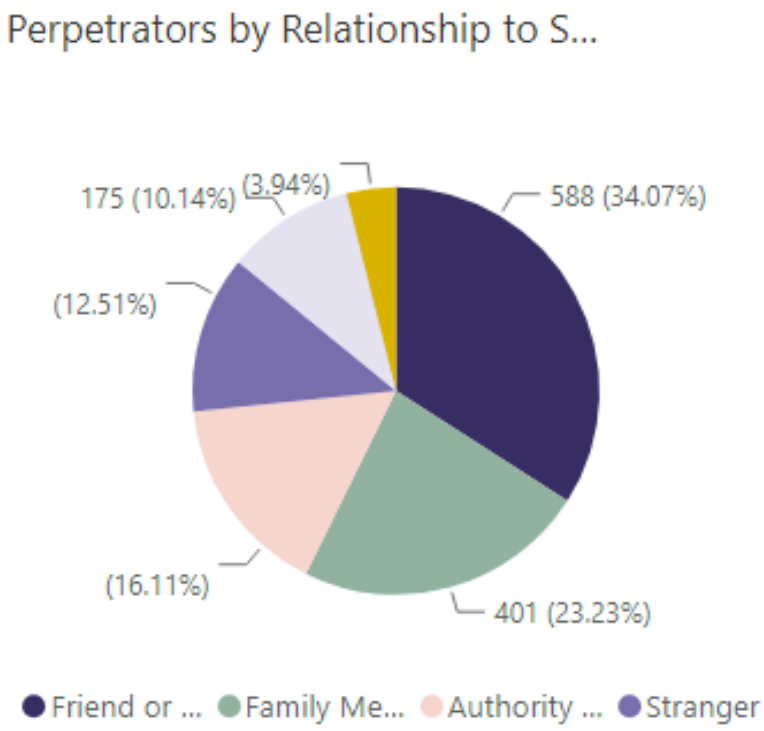
1.6 Statistics Regarding Perpetrators

- The following graphs illustrate the metrics regarding perpetrators of sexual violence.
- The first graph below shows clients identified perpetrators as male in the vast majority (94%). This statistic is line with national and international statistics.
- Clients identified perpetrators as female in the remaining 6%. This represents an increase on 2024 (4.5%) statistics.
- These statistics are gathered from those that are engaged with RCM services and have reported on the details of their abuser.



- The graph below illustrates the statistics regarding the relationship of perpetrators to survivor. The most prevalent finding is that in the vast majority of cases the abuser is most likely know to the survivor (83%).
- The second most prevalent finding is that the abuser is most likely to be a friend or acquaintance of the survivor (34%). Amongst friends and acquaintances, family members compromise the next highest proportion of abusers (23%).
- These statistics are gathered from those that are engaged with RCM services and have reported on the details of their abuser.

Relationship to Survivor	%
Friend or Acquaintance	34.07%
Family Member	23.23%
Authority Figure	16.11%
Stranger	12.51%
Partner	10.14%
Other	3.94%



1.7 Summary of 2025 Counselling Service

- Rape Crisis Midwest continues to experience high levels of service demand for counselling services
- Counselling services are offered at low cost to no cost to survivors.
- Rape Crisis Midwest statistics run in line with national[1] and global[2] data in relation to core features such as gender of survivor, age profiles and preferred contact methods.
- Female identified survivors of sexual violence represent the vast majority of our clients (84%).
- Male identified survivors represent a growing minority of our clients (over 15%) in 2025. The percentage increase in presentation of male clients may be attributed to a growing knowledge and understanding of what sexual violence is and consequently may promote a better understanding that males too are vulnerable to sexual violence.
- In statistics regarding perpetrators, national and global data is reflected, showing that 94% of perpetrators are identified as male. There may be many reasons for this; it is well documented[3] however, the proliferation of sexist, misogynistic content online attributes to the negative attitudes toward women and girls across society.
- RCM statistics show the abusers are more than likely known to survivors (83%). This is an important statistic is breaking down enmeshed societal perceptions of perpetrators being strangers.

[1] Central Statistics Office (2023) Sexual Violence Survey Archive 2023. Available at: https://www.cso.ie/en/statistics/crimeandjustice/sexualviolencesurvey/sexualviolencesurveyarchive2023/

[2] World Health Organization, Violence against women prevalence estimates, 2023: Global, regional and national prevalence estimates for intimate partner violence against women and non-partner sexual violence against women (Geneva: World Health Organization, 2025), https://www.who.int/publications/i/item/9789240116962

[3] Dublin City University Anti-Bullying Centre (n.d.) Addressing the impact of masculinity influencers on teenage boys. Available at: https://www.dcu.ie/antibullyingcentre/addressing-impact-masculinity-influencers-teenage-boys

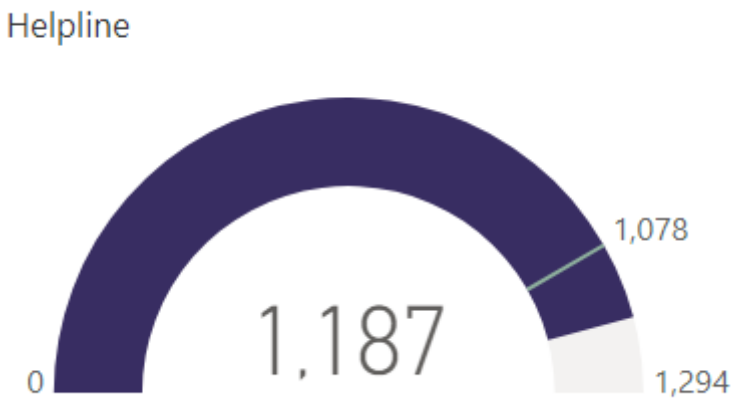
2. Limerick Prison In-Reach Counselling Service

- RCM provide in reach counselling services to individuals in Limerick prison. These counselling sessions are delivered by an RCM staff member and happen on site within the prison.
- Statistics for the Limerick prison service are recorded separately outside of the Mosaic database system.
- Rape Crisis Midwest provided **272 counselling sessions in Limerick Prison** throughout 2025; this represents services provided to **79 unique individuals**.
- In 2025, RCM provided two full days of counselling sessions – 8 -10 sessions – per week. The service is planned to increase to three full days in 2026.

3. Free Information Helpline

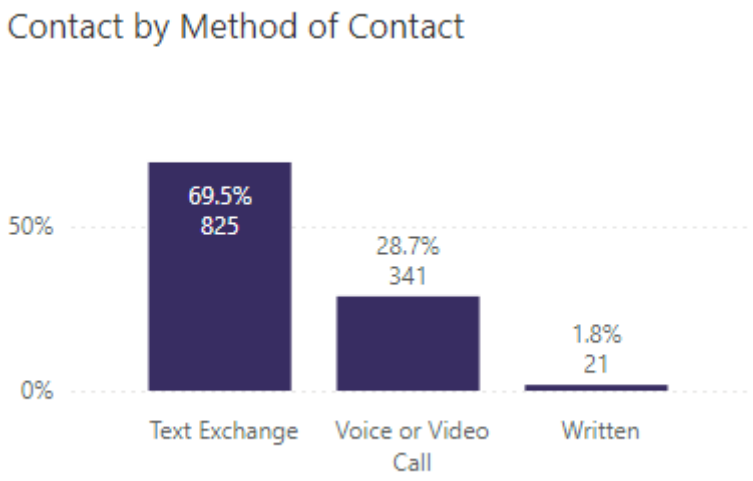
Rape Crisis Midwest operates a free information helpline service 1800 311 511. This service is available Mon – Sat 9am -5 pm. This is a confidential, non-directive service and is available to survivors, supporters, families, friends, other professionals and other services. RCM can also be reached at info@rapecrisis.ie and via social media channels.

- In 2025, 1,187 helpline calls were answered. These calls related to various support needs expressed by' survivors of sexual violence and their supporters.
- The RCM free information helpline provides survivors with information, support and guidance in terms of the services RCM provides. This represents a 10% increase on the calls received from last year.
- Of these calls, 1090 were survivors, 12 were supporters, with the remaining being professionals and others.
- Callers to the helpline during out of hours times can leave a voicemail which is returned within 48 hours, however callers are also directed to the national Rape Crisis helpline in emergency cases.

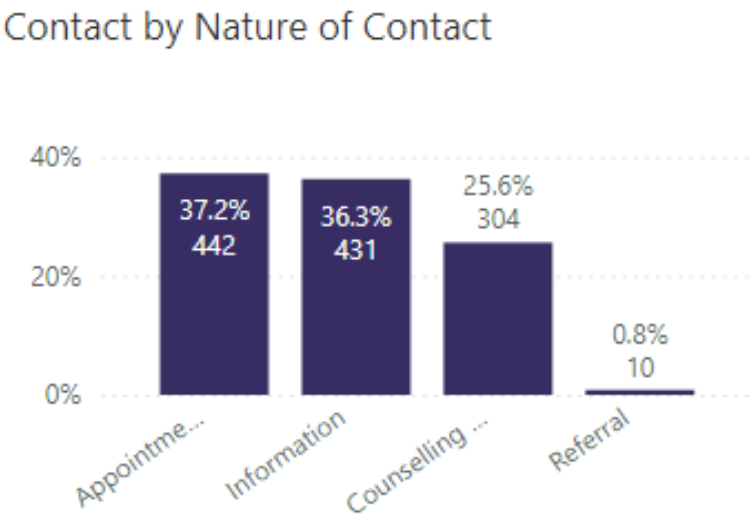


- RCM note from the figures a very significant increase in the use of text messaging by survivors, in 2025 (+18%), as a means of contacting the helpline. This contact by text was made variously via SMS, social media DM or email.

- The graph below illustrates which modes of communication were used by survivors who presented to RCM services for support.



- The requests made for support from the helpline break down as follows:
    - Appointment scheduling (442); information seeking (431); counselling and support (304). The remaining calls were in relation to referrals (10).



4. Midwest Forensic Medical Examination (FME) Service

The Midwest of Ireland does not have a Sexual Assault & Treatment Unit (SATU). The Midwest Forensic Medical Examination (FME) Service is a service in the Midwest that is available to survivors when an incident of Rape or Sexual Assault is reported to An Garda Síochana (AGS) in the Midwest. The service is only available when a report is made to AGS.

Stakeholders in An Garda Síochana, HSE Primary Care, ShannonDoc (Out of hours medical service) and Rape Crisis Midwest deliver the service in partnership.

The service is out of hours operating from 7pm to 7am on Monday to Friday and operates 24 hours at weekends and Bank Holidays. Rape Crisis Midwest provide psychological support accompaniment volunteers to support the survivor through the process of the forensic medical exam and provide follow up contact information to access crisis counselling support.

While an FME does take place via the Midwest service, the follow up Sexual Transmitted Infection (STI) check cannot take place at the Midwest service and attendees are required to attend a separate clinic for this basic medical support.

There are dedicated, 24-hour SATU clinics in Cork and Galway that provide specialised care and support for survivors of sexual violence. Survivors in the Midwest that do not want to report immediately to AGS are required to travel to the Cork or Galway SATU for specialised support and medical care.

For some in the Midwest this means a 200km round trip, with the prerequisite of access to transport and means to travel being a condition for access to the SATU. This type of specialised SATU clinic is not available for people in the Midwest. In addition, access to any SATU across the country does not require a report to AGS, whereas those in the Midwest must report to AGS if they want to use the FME Midwest service.

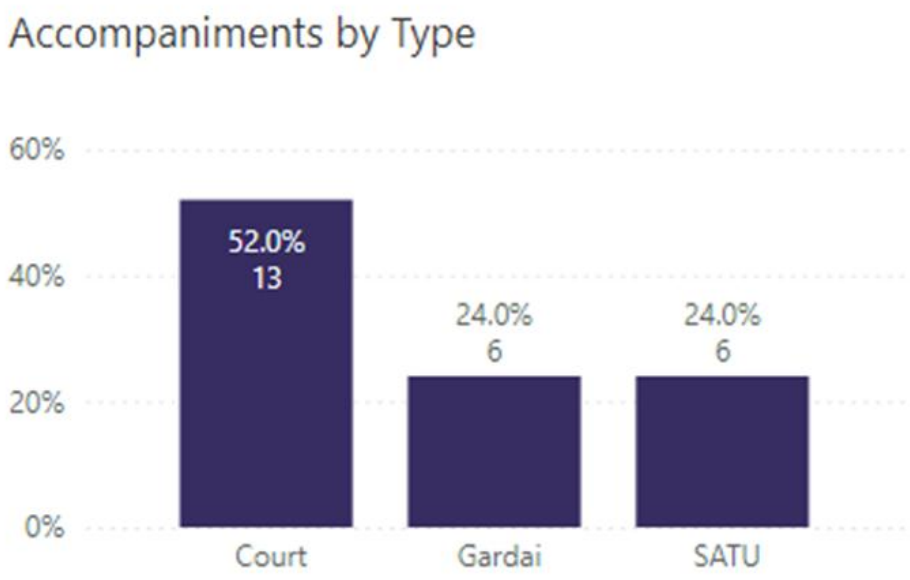
Any people that do attend the SATUs in Cork or Galway from the Midwest is unknown to RCM unless a referral is received to provide follow up crisis counselling.

Key metrics from the FME Midwest Service in 2025 are listed in the following page.

- In 2025, 6 individuals attended the FME service – this is represented in the graph below as "SATU".
- The FME accompaniments represent 21 hours of time provided to people attending the service.
- RCM cannot report on those that have attended SATU in Cork or Galway that may have travelled from the Midwest, RCM do not have access to these statistics.

Rape Crisis Midwest will continue to highlight the barriers that exist in relation to the provision of basic health care for survivors of a recent sexual assault or rape in the Midwest. RCM call for the establishment of a dedicated SATU for those in the Midwest.

Work toward establishing a SATU for the Midwest is a key strategic goal for RCM and will continue to be prioritised into 2026.

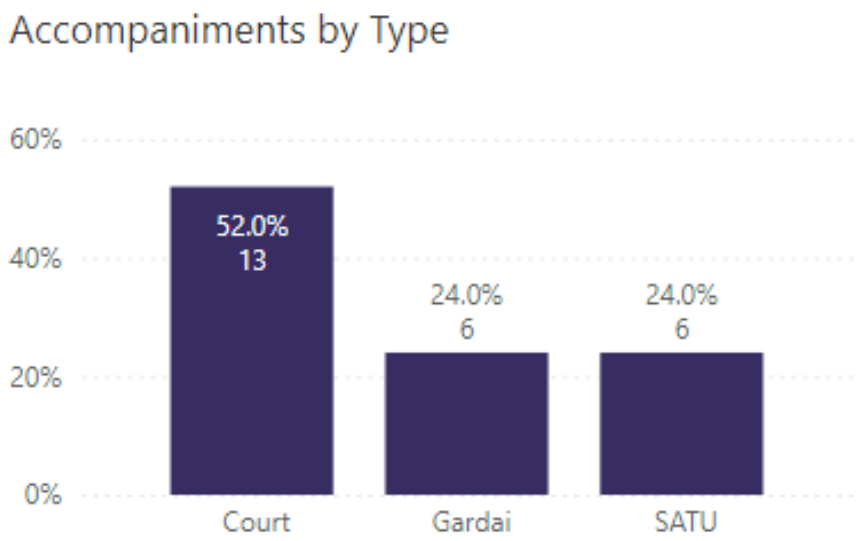


5. Court & Garda Accompaniment Service

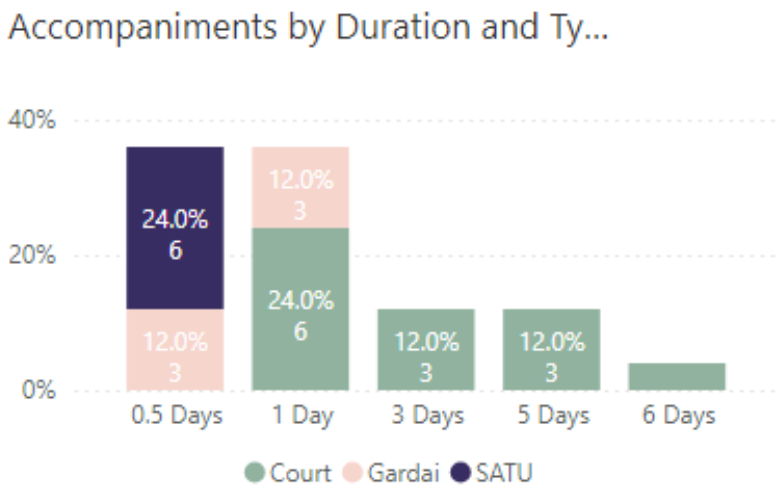
Rape Crisis Midwest will provide a support person to accompany survivors who wish to make a statement to An Garda Síochana (AGS). The support person will attend the Garda station with the survivor. If the survivor chooses, RCM can provide a room at the Limerick centre for such an interview to be conducted.

When a sexual violence court case is heard in the Midwest, RCM can provide a support person to accompany the survivor or if the case is heard elsewhere in the country, RCM will link with the local Rape Crisis Centre to access this service locally

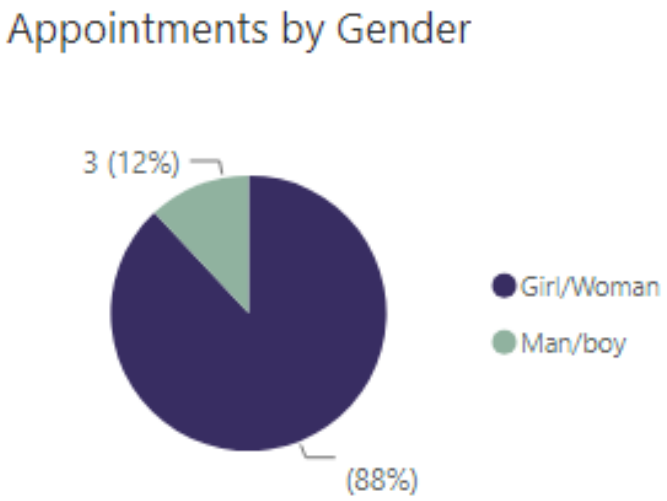
- In 2025, 15 individuals were supported with court or Garda accompaniment.
- The number of people supported with Court Accompaniment increased by 116% from 2024 (6).
- The number of people supported with Garda accompaniment increased by 100% from 2024 (3).



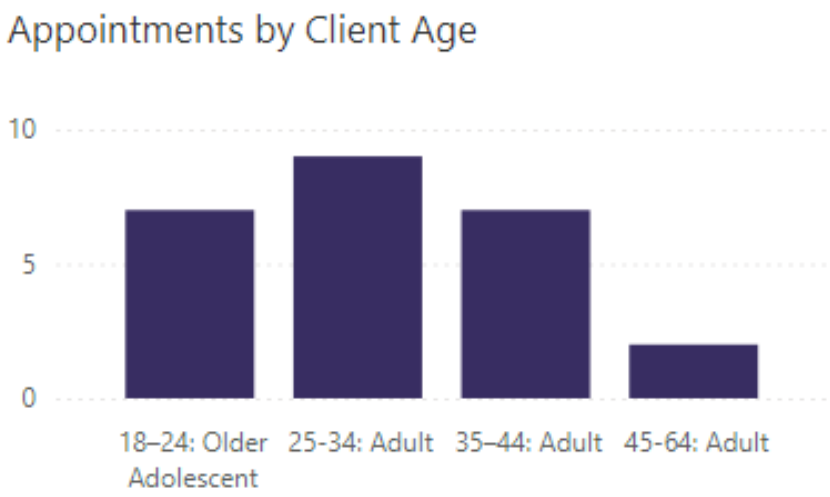
- In total, over 248 hours of Court & Garda accompaniment were provided to these 15 individuals, this represents 35 working days supporting individuals through court cases and/or Garda appointments. RCM accompaniment service are solely volunteer lead.



- Of those 21 individuals supported with FME, court or Garda accompaniment, the gender breakdown is illustrated in the table below – 18 individuals identified as female, while 3 identified as male.



- The age profile of accompaniment clients is illustrated in the graph below – we see that the majority of clients are between the ages of 25-34, with 18-24 and 35-44 being the next largest age profile



6. Summary

Service demand continues to be high. Demand from survivors, for our services, continues to outweigh our capacity and resources to meet it. This fact necessitates that we operate a waiting list for counselling services. Under the grave circumstances in which survivors present, this is not acceptable to RCM. Survivors deserve better. Waiting lists in RCM, and efforts to manage them, demonstrate the acute need for continuing and sustained investment in sexual violence services in the Midwest and in RCM in particular.

Additional counselling services for Limerick men and women's prison will be coming online in 2026. Service provision is set to increase from two days to three days.

Rape Crisis Midwest launched their Strategy Review for 2025 -2028. Key objectives have been committed to in order to expand and develop support services for survivors of sexual violence across the Midwest of Ireland. In doing so, key pillars of RCM's work have been identified and the focus remains always on survivor's needs and improving organisational capacity to better meet these needs. RCM are committed to the continuation of free counselling services, the provision of accompaniment and advocacy supports for survivors and to the development and support of the RCM staff team.

Rape Crisis Midwest intend to re-establish a Training & Education service to provide essential training and education in areas such as Sexual Violence Awareness and Handling Disclosures. These specific training areas align with national and international guidelines in relation to the prevention of sexual violence in society.

There continues to be no established Sexual Assault & Treatment Unit (SATU) in the Midwest of Ireland. While there is an established Forensic Medical Exam (FME) service – this service is bound by conditional access requiring a report to An Garda Síochana. Survivors of Sexual Violence are required to make a 200km round trip in order to access a SATU. This is a situation that Rape Crisis Midwest will continue to discuss with stakeholders with a long-term plan being to reach agreement with the government to establish a SATU in the Midwest.

Rape Crisis Midwest will open a new centre in Nenagh in 2026; this comes after many year of work and development by previous Executive Director, Miriam Duffy, and board members. It is with gratitude to the JP McManus ProAm fund that RCM are in a position to purchase the

Nenagh centre. This contribution enables RCM to fulfil a long held ambition to enhance services to survivors in South Limerick and North Tipperary

Rape Crisis Midwest will continue with the core commitment to survivor centred trauma informed service provision. RCM will advocate for and with survivors in to break down barriers in access to support services and to find justice in whatever form that may take.

Rape Crisis Midwest thank our supporters and donors throughout 2025, thank you for your continued support and thank you for supporting survivors of sexual violence across the Midwest.

Thank you to our funders, collaborators and supporters.

CUAN

An Ghníomhaireacht um Fhoréigean Baile, Gnéasach agus Inscnebhunaithe

The Domestic, Sexual and Gender-Based Violence Agency

An Roinn Dlí agus Cirt
Department of Justice

RAPE CRISIS IRELAND