



**White Ribbon  
Ireland**

Men Ending Gender-Based Violence



**Is domestic or sexual violence happening to you or someone close to you?**

**If the danger is immediate, call 999 or 112**

**For additional support for victims you can contact:**

**Women's Aid - 1800 341 900 - [helpline@womensaid.ie](mailto:helpline@womensaid.ie)**

**Dublin Rape Crisis Centre - 1800 77 8888 - Webchat available**

**MDN Male Advice Line - 1800 816 588 - [mal@mensnetwork.ie](mailto:mal@mensnetwork.ie)**



**How can men be allies in combating domestic, sexual and gender-based violence? 3 STEPS**

**Step in – Step up – Step back**

“Step in” to the wider conversation about DSGBV in a non-adversarial way. Try to listen and learn while you engage in conversations; “Step up” by disavowing violence and harmful masculinities and adopting positive behaviours and role models;

“Step back” by reflecting on their own privilege and showing empathy by listening to the concerns of women and girls in particular.



If you are a witness of DSGBV and need emotional support, talk to your GP to explore support options.

**If in a crisis you can call Samaritans  
116 123**