

## Parent's Guide: What to Do If You Suspect Psychological Abuse of Your Child



### 1. Action Plan – Step by Step

#### A. Stop the Abuse Immediately

- If you suspect your child is being psychologically abused, take immediate steps to protect your child.
- You can contact the authorities and request that the suspected parent be removed from the home.
- Legal basis: ICD-10 T74.32 and Child Care Act 1991.

#### B. Protect Your Child

- Apply for an interim protection order from the court if there is an urgent risk.
- Legal basis: Domestic Violence Act 2018.

#### C. Report to the Police

- Make a formal report to the police (Garda Síochána) about psychological abuse.
- Legal basis: Non-Fatal Offences Against the Person Act 1997.

#### D. Seek Professional Help

- Ask your doctor to refer your child for an assessment at SEAM (child and adolescent mental health services).
  - Legal basis: ICD-10 F43.25.
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## 2. Templates for Reporting

To the police:

**“I wish to report psychological abuse of a child.**

**Name of child: [Child’s name]**

**Date of birth: [Child’s date of birth]**

**Name of suspected parent: [Name]**

**Details of abuse:**

- **Type: Psychological triangulation (T74.32)**
- **Examples: [Describe specific incidents]**
- **Evidence: [List of medical and school reports]**

**I request an investigation under the 1997 Act and a protection order.”**

To the doctor:

**“Our child [name] is being psychologically abused (T74.32). Symptoms:**

- **[Describe symptoms]**

**I request:**

- 1. SEAM assessment**
- 2. Trauma therapy”**

To the school:

**“Please note the following behaviour in [child’s name]:**

- **[Describe behaviour]**  
**Report to Tusla if necessary.”**
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## 3. Important Contacts

- **Police (Garda Síochána): Call 112 or visit your local station**
- **Tusla (child protection): 01 771 8500 | [www.tusla.ie](http://www.tusla.ie)**

- **SEAM: By referral from your doctor**
  - **Child Protection Helpline: 1800 341 900**
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#### **4. Good Advice for Parents**

- **Document all incidents and symptoms – keep copies of reports and statements.**
  - **Seek help and advice from authorities and professionals.**
  - **Remember, the police are required to investigate all reports of child abuse.**
  - **A protection order can be obtained quickly if there is an urgent risk.**
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#### **5. Diagnoses and Symptoms**

**If you want an overview of relevant diagnoses from DSM-5/ICD-10, you can ask your doctor to review the following:**

- **Adjustment Disorder (309.4 / F43.25)**
  - **Factitious Disorder Imposed on Another (300.19 / F68.10)**
  - **Observational Disorder (297.1 / F22)**
  - **Psychological Abuse of Children (V995.51 / T74.32)**
  - **Parent-Child Relationship Problem (V61.20 / Z62.82)**
  - **Child Affected by Parental Relationship Distress (V61.29 / Z62.898)**
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#### **6. Remember**

- **You are not alone – help and support are available.**
- **The most important thing is to act quickly and protect your child.**
- **Use the templates and contact information to get started.**

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**Parental Alienation Awareness Eu**