

How can IDAS help?

We are a charity and we believe that everyone has a right to live a life that is free from abuse. We offer the following free and confidential services:

- One to one support and advice in a location to suit you
- A confidential helpline to talk through your options
- Advice via our Live Chat service
- Support through civil and criminal proceedings
- Help with practical safety measures and safety plans
- A support group for people who have lived with abuse
- Information on benefits, debt, health and housing
- Specialist services for children and young people
- Independent Domestic Violence Advisors (accredited high risk intervention practitioners)
- Access to counsellors and other specialist services
- Support and advice if you've experienced sexual violence
- Provision of emergency accommodation including refuges across the UK
- A comprehensive website: idas.org.uk

How do I get in touch?

IDAS Helpline

Tel: 03000 110 110

Email: info@idas.org.uk Web: idas.org.uk

f Like us on Facebook

🐦 Follow us on Twitter @idasfor100

@ Instagram @idasfor100

National Domestic Abuse Helpline

Tel: 0808 2000 247

Free phone 24 hour

Rape Crisis National Helpline

Tel: 0808 802 9999

12 - 2.30pm and 7 - 9.30pm every day including holidays

Samaritans

Tel: 116 123

Free phone 24 hour

We all deserve safe lives, free from abuse and violence.

**Anyone can
be affected
by domestic
abuse**

Visit
idas.org.uk

or call our free and
confidential helpline

03000 110 110*

*Our telephone number may
show up on your phone bill



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Charity no. 1102337

What is domestic abuse?

Anyone can experience domestic abuse. It happens in all sorts of relationships including marriages and partnerships and between close family members. It can also continue after a relationship has ended. So-called honour violence, FGM and forced marriage are also considered to be types of domestic abuse.

Domestic abuse affects people from all walks of life including men as well as women, people in same-sex relationships, trans and non-binary people and people with a disability.

Abusive relationships frequently get worse over time and can become more physically violent as well as emotionally harmful. Victims of abuse are often isolated from their friends and family and those who aren't, often feel unable to confide in friends about what is happening.

"I would advise anyone who is concerned about the behaviour of their partner to seek IDAS support".

If your current or ex-partner makes you feel afraid, humiliated, put down, takes control of your finances, prevents you from seeing friends or is violent towards you we are here to help. IDAS can assist you in making informed, positive choices so that you can move beyond the abuse and stay safe.

What are the effects of domestic abuse?

Living with domestic abuse can impact on every area of your life including work, housing and finances. For many it can cause long-lasting emotional trauma and depression. In some cases, adults do not realise that their children are also aware of what is happening - even hearing abuse can make a child confused, upset and frightened.

Is your relationship abusive?

As well as the signs of physical violence there are some other ways that you can tell if a relationship is abusive. If you answer yes to one or more of these questions your relationship may be abusive.

- Do you ever feel controlled and unable to do the things you enjoy or see the people you like to spend time with?
- Are you constantly receiving text messages, phone calls or emails asking about your whereabouts or what you are doing?
- Do you ever feel frightened?
- Do you feel that unreasonable demands are made of you?
- Are you regularly put down or belittled?
- Do they regularly criticise you?
- Do you feel unable to have an equal say in making decisions that will affect you or your children?

What are the signs that someone else is in an abusive relationship?

It can often be very difficult to tell if someone is in an abusive relationship as they may be scared or lack the confidence to seek help. Their partner may be well liked or have convinced them of an imminent threat if they do confide in someone.

There are some signs to look out for if you suspect someone might be affected.

- They may be withdrawn and this might get worse over time.
- They may tread on egg-shells, especially around their partner.
- They may be constantly having to check in with their partner or receive excessive numbers of text messages, emails or phone calls.
- They may give explanations for injuries that don't quite add up.
- They may cancel arrangements at the last minute or fail to show up.

IDAS helpline: 03000 110 110

