



## Contact us



Visit the IDAS website for information and advice [www.idas.org.uk](http://www.idas.org.uk)



Talk to us on our helplines. Open seven days a week  
Sheffield **0808 808 2241**  
Barnsley and North Yorkshire **03000 110 110**



Chat to us online on our website [www.idas.org.uk](http://www.idas.org.uk)



Email us on: [info@idas.org.uk](mailto:info@idas.org.uk)



In an emergency, always dial 999



National Domestic Abuse Helpline number **0808 2000 247**



Police non-emergency number **101**



Charity number: 1102337



## Your support

If you are afraid of an intimate partner, ex-partner, or a family member it can be difficult to know what to do or to imagine a life without the abuse.

Whether you are being impacted or are worried about a friend, IDAS is here to talk through what has been happening. We won't ever tell you what to do. We can give emotional and practical support. We help to keep people safe whether you choose to stay in the relationship or if you would like to leave.

You do not need to report to the Police to get support. If we are worried about your safety or the safety of any children, we will talk to you about this.

We will listen to you and explain how we can help to keep you safe. Together we will agree what you would like to do next.



Safe lives, free from abuse and violence



IDAS (Independent Domestic Abuse Services) is a registered charity in England and Wales Number: 1102337  
Company Number: 4984337

## Safe lives, free from abuse and violence

If your current, ex-partner or family member makes you feel afraid, embarrassed, calls you names, takes control of your finances, stops you from seeing friends or is violent towards you, even some of the time, IDAS can offer emotional and practical support.

People from all walks of life can be subjected to abuse and violence, including men as well as women, people in same-sex relationships, trans and non-binary people, older people, and people with a disability.

IDAS is an independent charity, and we offer support to anyone who is at risk of harm, abuse or violence.

## What is an abusive relationship?

Many of the people we support tell us that the relationship seemed good at first and then things started to change over time. An abusive relationship starts with one person trying to gain power and control over the other. This can sometimes look like they are being very intense or possessive, it can be confusing and difficult to make sense of what is happening.

Abusive relationships might not be bad all the time. Sometimes, after an incident, things get a bit better, but they often get worse again.

Abuse can happen in all sorts of relationships including marriages, partnerships and between close family members. It can also continue after a relationship has ended. So-called honour-based abuse, Female Genital Mutilation (cutting of the female genitals) and forced marriage (marriage that you do not want or feel pressured into) are also types of abuse.

There are several ways that people can gain power and control over another person

Here are just a few of them;

- Controlling what you do or who you see
- Making it difficult for you to see friends and family
- Checking up on you all the time, monitoring what you do
- Controlling your money
- Making you do things that you don't feel comfortable with
- Making you feel scared or anxious, as though you are treading on eggshells
- Blaming you for how they feel
- Physically restraining you or keeping you in the house
- Threatening to share information, photos or videos without your consent
- Threatening you, your family, the children or a family pet
- Physically hurting you, shoving, pushing, grabbing, pinching, punching or slapping.



## Support available to help keep you safe

- Meeting with one of our friendly workers in person or online
- Talking about your safety and ways that we can help to keep you safe
- Giving you information about other organisations that may be able to help and support you, such as counselling, housing and benefits
- Supporting you to attend a group with other people
- Finding a place for you to stay to keep you safe. This could be a refuge (a place where women and children stay to escape abuse), a house, flat or a short stay in a volunteer host's home
- Getting equipment or devices fitted in your home to improve your safety and security. This could include extra locks, lighting or alarms.

