



Safe lives, free from  
abuse and violence



**If you are hurt,  
controlled or abused  
by someone you love,  
IDAS can help.**

We are here for anyone who is experiencing domestic abuse. We provide free, confidential advice and support and access to emergency accommodation.

If you are worried about your relationship or frightened of someone close to you please call our helplines on **03000 110 110** (Barnsley and North Yorkshire) **0808 808 2241** (Sheffield) or visit **idas.org.uk** for more information.