

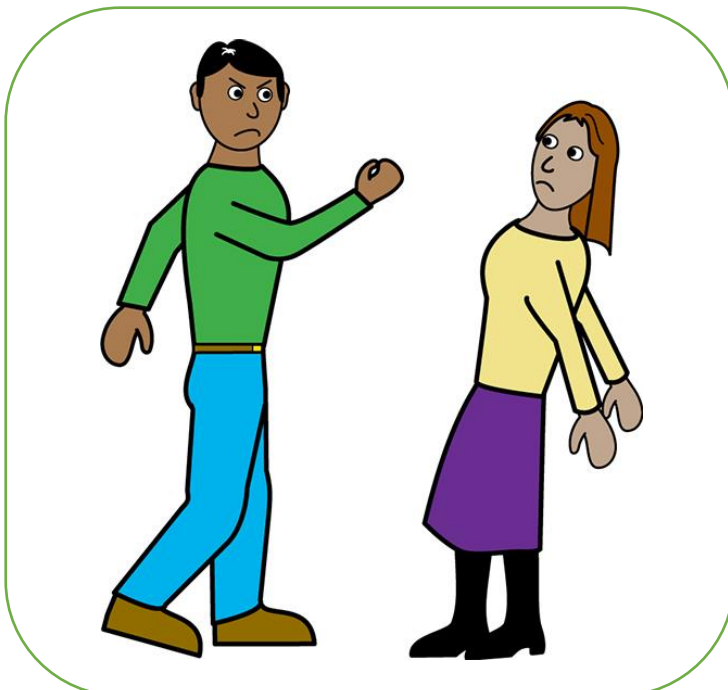
Domestic Abuse

What to do if it is happening to you



If you are in a relationship abuse can happen It may be your

- boyfriend,
- girlfriend,
- dad, mum,
- family member or
- carer who is causing you harm



Sometimes people in relationships behave badly, it can be

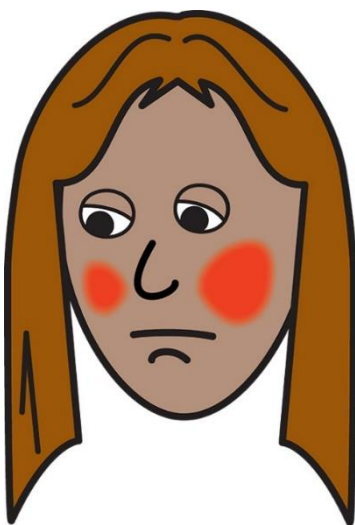
- hitting
- bullying
- shouting
- telling you what you do
- stopping you see friends
- taking your money

This is called domestic abuse

Safe lives, free from abuse and violence



It might be you feel forced to have sex **when you don't want to** or that they touch



It is not your fault if this is happening to you. If you feel unhappy or ashamed because something feels bad, you can get help.

Safe lives, free from abuse and violence



Call us for support



03000 110 110



You can also tell a friend,
a nurse or doctor

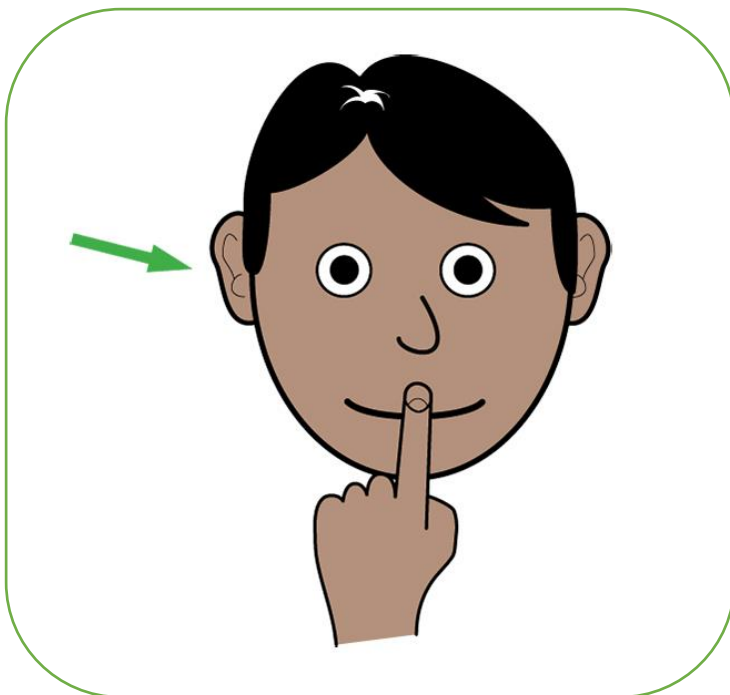
Safe lives, free from abuse and violence



If you are in danger call
the Police



999 – they will
come and **help you**



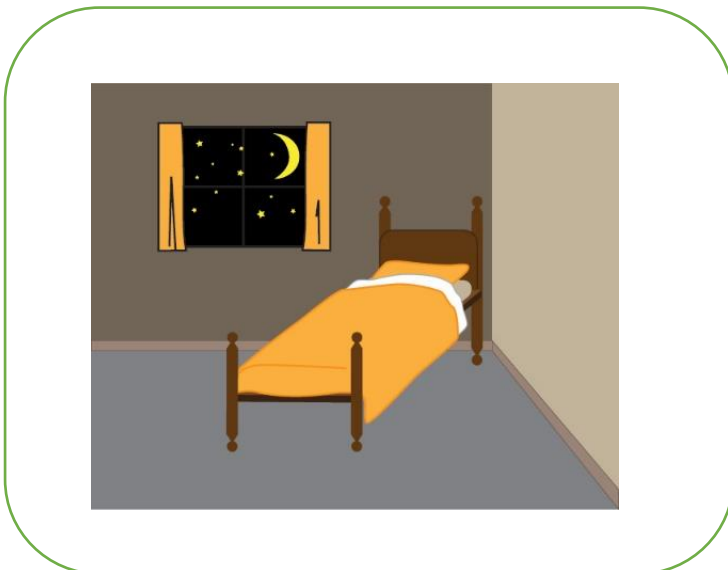
What happens next?

We help make you **SAFE**

Safe lives, free from abuse and violence

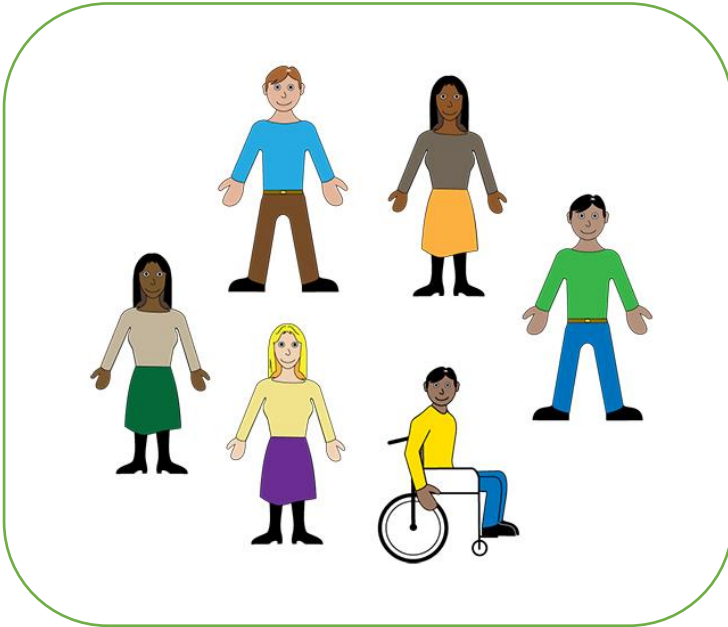


We help you to make **choices** about your future



If you need to leave home to be safe, we have places called a Refuge where you live to get well

Safe lives, free from abuse and violence



Remember domestic abuse can **happen to anyone**



Call 03000 110 110 or
999 if you are in danger

Email: info@idas.org.uk

Live Chat log on to
www.idas.org.uk

Monday to Friday 4pm-6pm

Write: IDAS, 39 Blossom
Street, York, YO24 1AQ

Safe lives, free from abuse and violence