

## How do I get in touch?

Outreach support and advice  
**01609 749123**

Refuge accommodation and advice  
**01904 646630** (York)

**01609 778941** (Hambleton and  
Richmondshire)

Email: [info@idas.org.uk](mailto:info@idas.org.uk)  
Website: [www.idas.org.uk](http://www.idas.org.uk)

## Other useful numbers

National Domestic Violence Helpline  
(Access to advice 24 hours a day)  
**0808 2000 247**

Respect (Advice for perpetrators)  
**0845 1228 609**

Foundation (Housing & support for  
perpetrators)  
**01609 767008**

# The next step

## Moving on from Domestic Abuse



**IDAS**

Independent Domestic Abuse Services

Hambleton and Richmondshire

## What is Independent Domestic Abuse Services (IDAS)?

We are an independent organisation that works throughout York, Harrogate and District, Hambleton and Richmondshire and Craven and District to provide support, advice and accommodation to adults who are experiencing or escaping domestic abuse.

## What is domestic abuse?

Domestic abuse takes many forms – it includes physical attacks, bullying, threats, constant criticism, financial control or sexual abuse by someone close to you.

It can happen at any stage in a relationship and it can happen to anyone.

## How does domestic abuse affect people?

The effects of domestic abuse vary from person to person and depend on each individual's experience. The effects can become worse over time and they can take a long time to recover from. They can range from physical injury to suffering severe emotional harm.

## What services can we provide?

We provide support and advice on a range of practical matters including:

- » **Legal issues**
- » **Contact and other matters relating to children**
- » **Benefits**
- » **Health**
- » **Education and training**
- » **Housing**

We also provide emotional support with a view to helping you overcome the negative effects of domestic abuse. We can refer you on to counsellors and a range of other specialist services where this is needed.

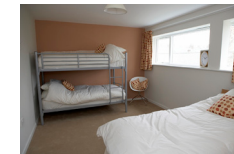
## What about children and young people?

If you are worried about the effects of domestic abuse on your children, we can get you in touch with organisations that can help.

In Richmondshire and Hambleton we run an advocacy and support service for young people aged 11 years and over.

## What if I need somewhere to stay?

We run refuges in York and Harrogate that can be accessed by women and children who need to escape domestic abuse.



Photos of our purpose built refuge in York

If you are not safe in York or Harrogate or if we are full we will find you somewhere else to stay. We will also find you somewhere safe if you are a man who is escaping domestic abuse.

## What happens in a refuge?

Our refuges not only offer a safe place for you to stay. They also provide support to both you and your children with a view to helping you re-build your self confidence and work out what is best for you in the future.