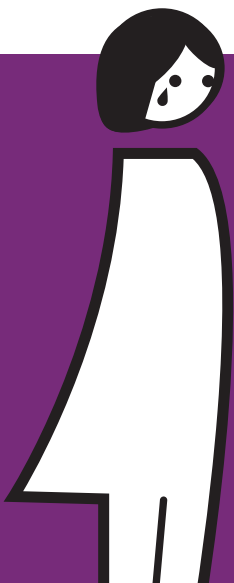
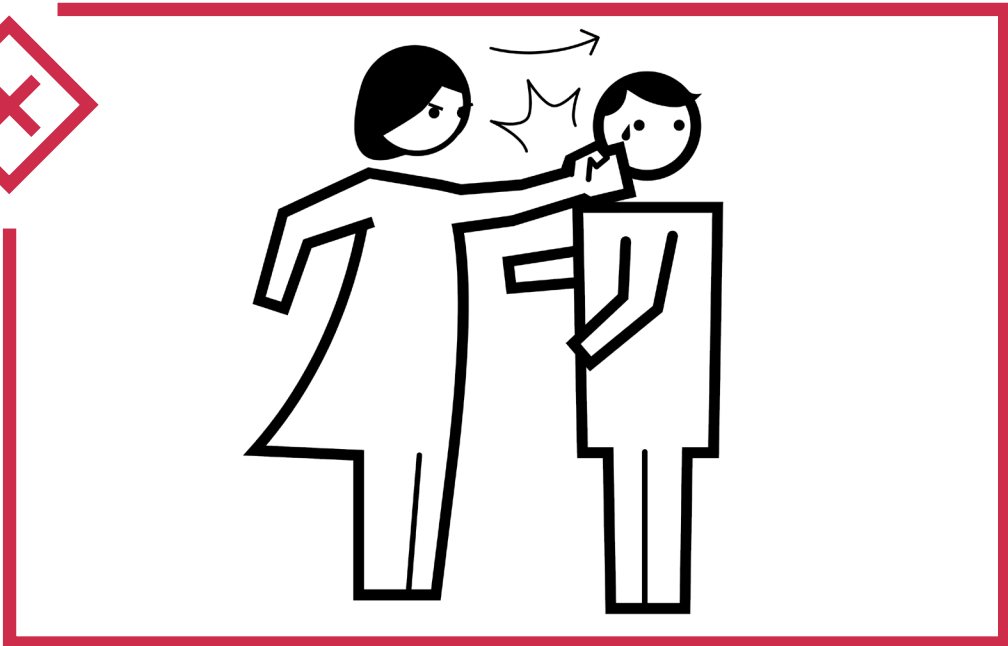
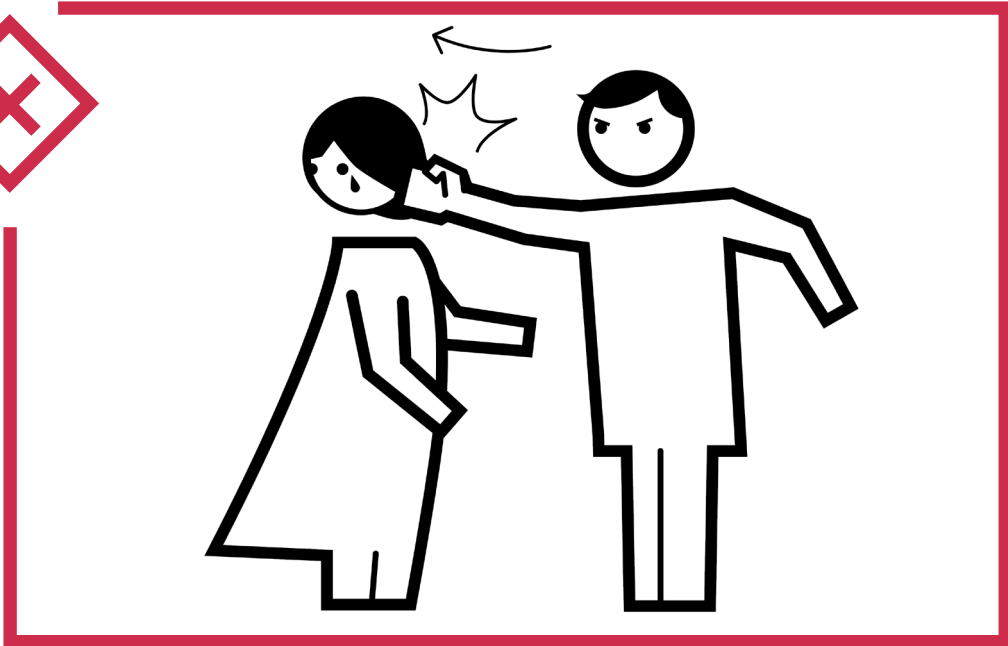




**You deserve to feel
safe and respected.**

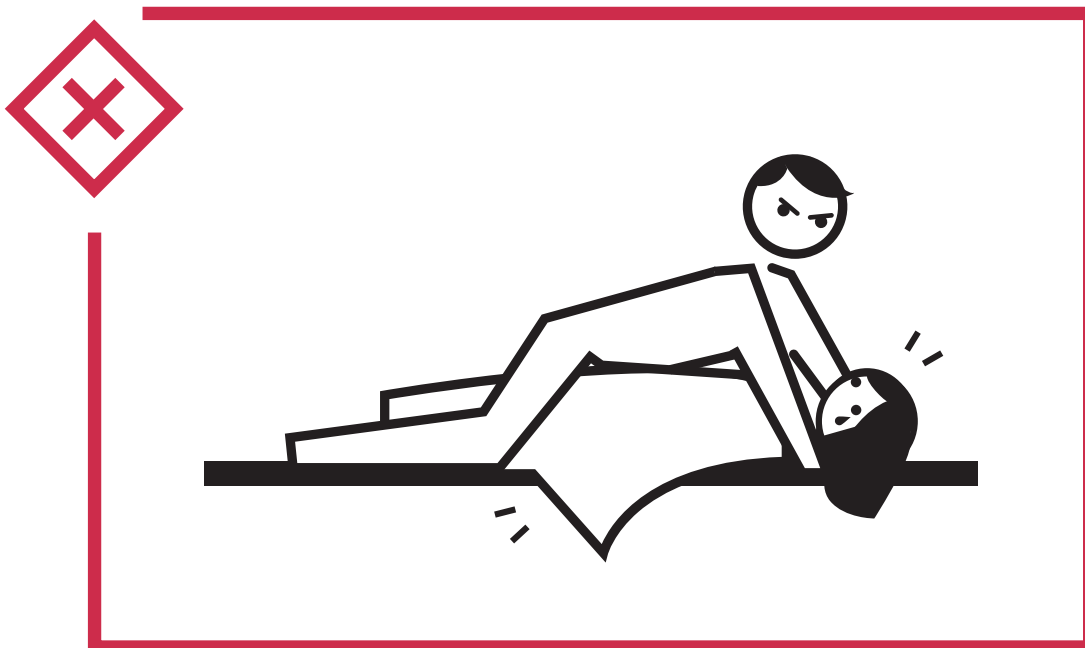
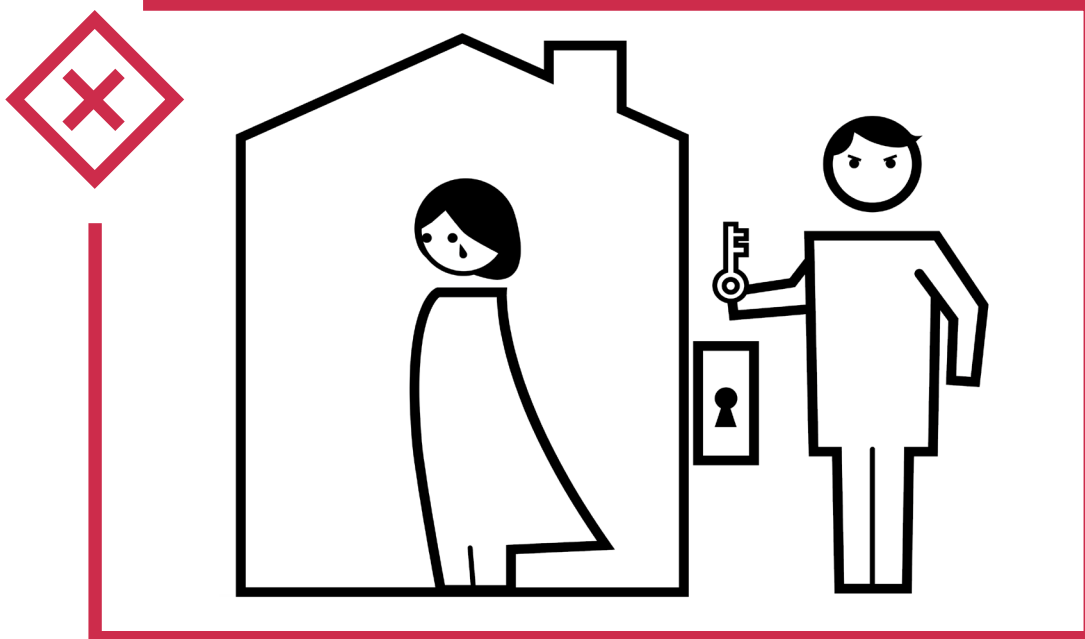


Safe lives free from abuse and violence



North Yorkshire
03000 110 110

Barnsley and Sheffield
0808 808 2241



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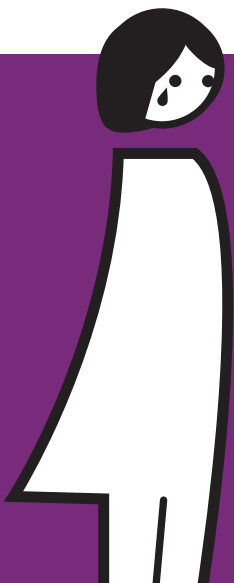
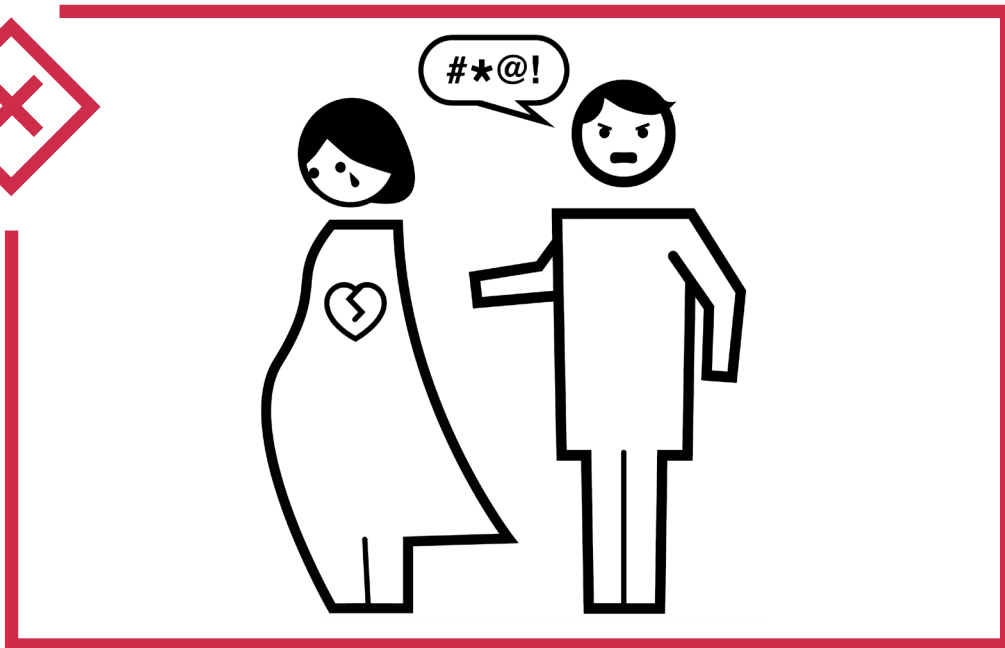
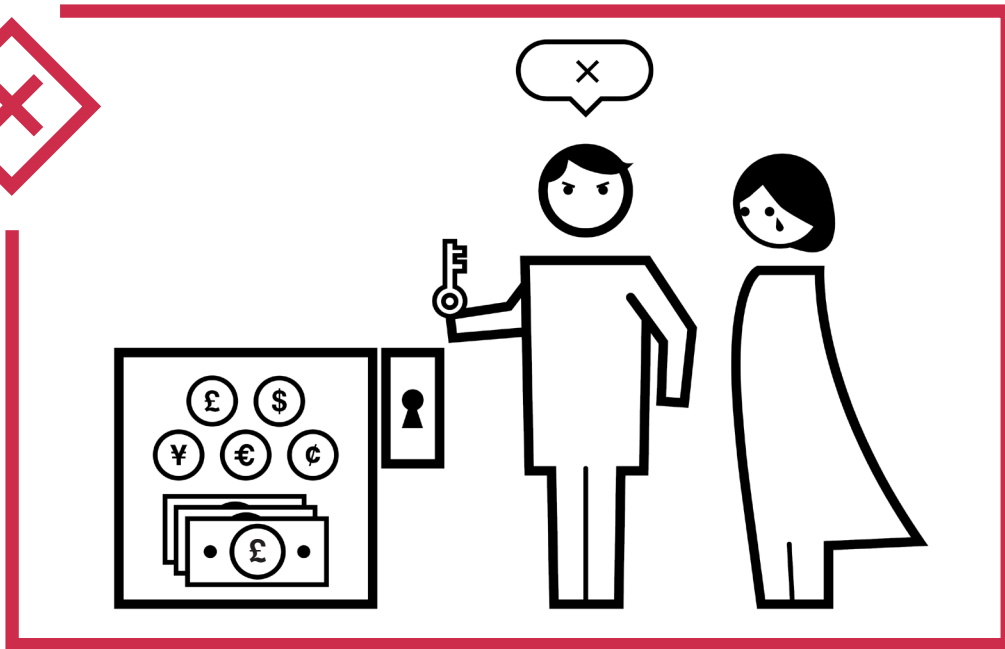


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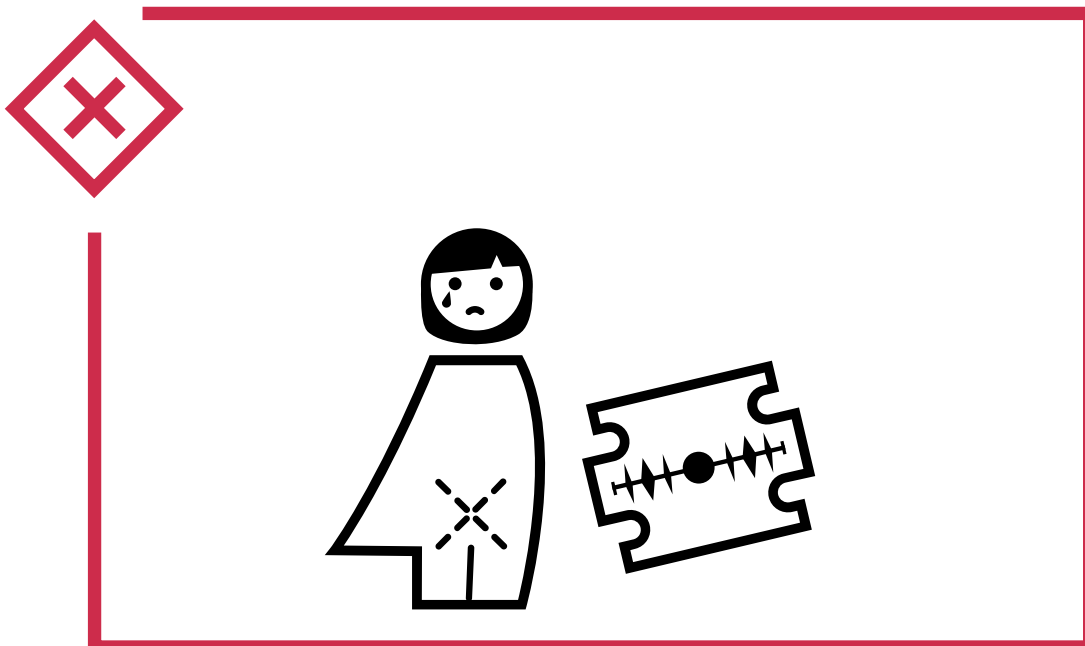
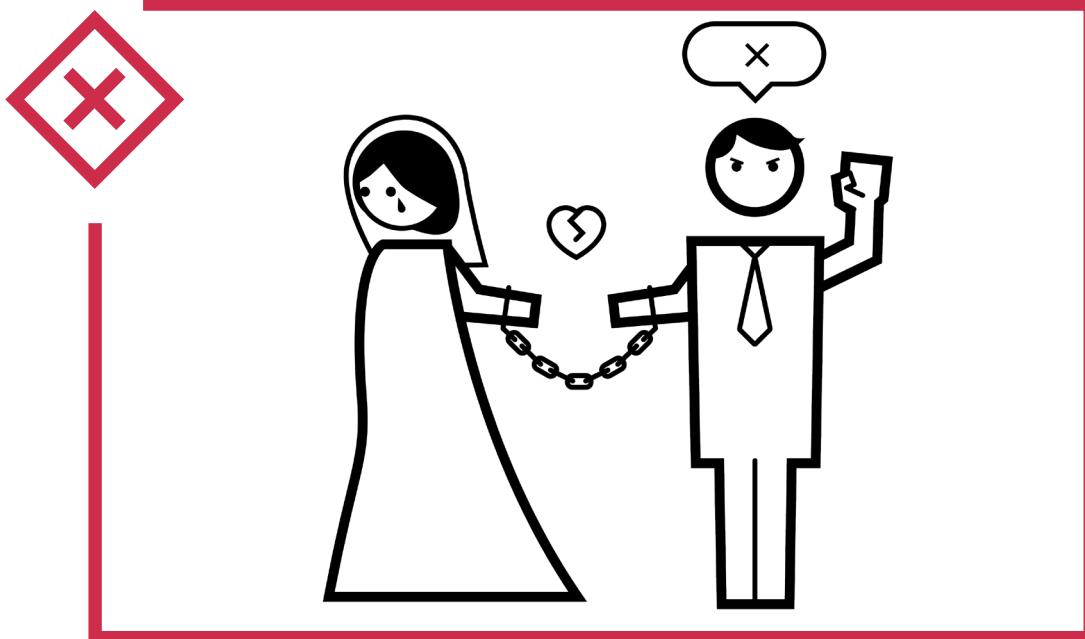
Barnsley and Sheffield

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North Yorkshire

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If you have suffered any of these things or are worried about the way you are treated, you can call for help.



North Yorkshire: 03000 110 110
Barnsley / Sheffield: 0808 808 2241
Police: 999 



email
info@idas.org.uk



or visit
www.idas.org.uk
google translate available

Hello!

Dzień dobry!

مرحبا

你好!



If you phone the helpline and we can't speak your language, we will arrange an interpreter so we can talk to you.

Or you can email us at: **info@idas.org.uk** in your language. We will translate your email and respond to you.



Charity Number 1102337