

# Sheffield domestic and sexual abuse support services

Domestic abuse is not only physical abuse, but can also be emotional abuse, sexual abuse, financial abuse, forced marriage, stalking and harassment, forced isolation in addition to coercive or controlling behaviour.

## Domestic abuse support

### **IDAS Domestic Abuse helpline**

0808 808 2241 - Available Monday to Friday 8am to 7pm, Saturday 9am to 5pm For victims aged 16+, carers, family members, friends and professionals.

**IDAS Webchat** - [www.idas.org.uk](http://www.idas.org.uk) - Monday to Friday 3pm-6pm

**Webchat for professionals** - Monday to Friday 10am-12noon

### **Independent Domestic Abuse Service (IDAS)**

- Provide IDVA support, individual support, group programmes, target hardening and specialist advice. Contact via the helpline 0808 808 2241.

## Refuge and accommodation

Enquire via the **SCC Housing Pathway** 0114 2736306 or **IDAS helpline**.

**Women's Aid refuge** -

[www.sheffieldwomensaid.org.uk](http://www.sheffieldwomensaid.org.uk)

## In an emergency call 999.

If you are unable speak make yourself heard by tapping or shaking keys and press 55 when prompted by the operator

More information can be found at <https://sheffielddact.org.uk/domestic-abuse/>

**SafeZones** – Dispersed accommodation  
[www.idas.org.uk/our-services/safe-zones](http://www.idas.org.uk/our-services/safe-zones)

**Young Women's Housing Project (YWHP)** - Supported accommodation and therapy for women aged 16-25 [www.ywhp.org.uk](http://www.ywhp.org.uk)

## Other specialist support organisations

**VIDA** - Counselling therapy services for women 0114 2750101 or [www.vidasheffield.org.uk](http://www.vidasheffield.org.uk)

**ASHIANA** - Provide specialist BAMER support 0114 2055740 or [www.ashianasheffield.org](http://www.ashianasheffield.org)

**SAYIT** - Provide professional advice when working with a victim who is a member of the LGBT+ community 0114 2412728 or <https://sayit.org.uk/callitout/>

## Support for individuals causing harm

**Inspire to Change** -

[www.inspiretochange.co.uk](http://www.inspiretochange.co.uk) 0114 2567270

## Sexual abuse support

**Sexual Rape and Sexual Abuse Centre (SRASAC)** - Sexual abuse counselling for victims aged 13+ and ISVA service.  
[www.srasac.org.uk](http://www.srasac.org.uk) or 0114 2412766

**Sexual Assault Referral Centre (SARC)**  
<https://www.hackenthorpelodge.org/>  
0330 223 0938

## Make Yourself Heard

*In danger, need the police but can't speak?*

- 1 Dial 999
- 2 Listen to the questions from the 999 operator
- 3 Respond by coughing or tapping the handset if you can
- 4 If prompted press **55**

This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police