

If you think you are experiencing domestic abuse, call us and speak to one of our Support Workers on: **0161 872 7368**.

Our services are available:

Monday, Wednesday, Friday **10am to 1pm**.

At times we are busy, so if we are unable to answer your call straight away, please leave a message telling us if it is safe to call you back and a telephone number we can contact you on. We will get back in touch with you as soon as we can.

We are not an emergency service. If you need help urgently or are in any danger, please call 999.

If you need help out of office hours, please call the 24 hour Domestic Violence Freephone Helpline on: 0808 2000 247.

www.tdas.org.uk



For support, guidance
& advice call us on:
0161 872 7368



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I.A.S.

Information, Advice & Support Service



Talking about abuse can be the first step to recovery. Trafford Domestic Abuse Services offer an Information, Advice and Support Service (I.A.S.) to anyone who lives or works in Trafford.

Our services are designed to be flexible, meeting the needs of people in crisis. For everyone, we can be there to listen, and provide emotional support throughout a difficult time.

Our I.A.S. service can be accessed by both women and men.

We offer I.A.S. by phone and through one-to-one appointments. We can see people in our offices where we have a private meeting room.

We will listen to you and give you a safe space to decide what you would like to do. We will not tell you what to do, blame or judge you. We will provide you with the right information to enable you to make your own choices and decisions.

Break free from domestic abuse

If someone chooses to remain in an abusive relationship, then we may talk about safety planning, risk management, and being aware of any other options available to them.

If someone chooses to leave, we can assist by making them aware of options such as civil remedies, refuge accommodation, support groups, police support, pet fostering and children's and young people's support. We accept self referrals and referrals from other agencies.

We are also able to signpost to other services you may need such as:

- Solicitors
- Counsellors
- Employment rights help
- Fire services
- Charities offering financial assistance
- Drug, alcohol and health support

