NIDAS

We're here to support your journey to freedom.

Joined-up domestic abuse support in Norfolk

No matter what your story or circumstances, NIDAS can help you to escape and recover from domestic abuse.

Our support is free, confidential, non-judgemental and open to anyone in Norfolk.

Our trauma-informed, person-cantered, skilled staff can help you get to safety and will develop a personalised action plan with you, to help you move on from abuse with increased confidence and well-being.

What is domestic abuse?

Domestic abuse is an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence.

NIDAS is a countywide partnership aimed at helping anyone who has experienced domestic abuse.

For support or information on how we can help:

Call: 0300 561 0555
Text: 07860 063 464
Email: referrals@nidasnorfolk.co.uk
Visit: nidasnorfolk.co.uk

If you're in immediate danger, always call 999.

NIDAS is funded by the Office of the Police & Crime Commissioner for Norfolk, Norfolk County Council, Norwich City Council, South Norfolk and Broadland District Councils