



Joined-up domestic abuse support
in Norfolk.

We're here to support your journey to freedom

**NIDAS is a domestic abuse service for
people at medium or high-risk of further
harm and their children in Norfolk**

Contact us for more information on domestic
abuse and the different risk levels, as well as
guidance on how NIDAS can support you.

Opening hours:

Weekdays: 9am – 6:30pm

Weekends: 9am – 3pm

Visit: www.nidasnorfolk.co.uk

Call: 0300 561 0555

Out of hours: 0808 2000 247

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

