



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](http://www.nidasnorfolk.co.uk)**

**Call: 0300 561 0555**

**Out of hours: 0808 2000 247**

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

