



# The only person who should control your life... is you

Control is used to isolate you, take your freedom, and make you feel like there are no options

## Help is available to set you free

Doncaster Domestic Abuse Hub - **01302 737 080**

IDAS Barnsley - **03000 110 110**

IDAS Sheffield - **0808 808 2241**

Rotherham Rise - **0330 202 0571**

National 24-hour Domestic Abuse Helpline - **0808 2000 247**

If there is immediate danger, please call **999**.

Call **101** to report an incident of domestic abuse that has already happened.

