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**Themes:** Children's Mental Health, Domestic Abuse, Mental Health

**Aimed at:** Baby & Toddler Age 0-5, Children Age 6-11, Teenagers 12-17, Adults 18+

NIDAS are a small, friendly and independent local charity working across Mansfield and Ashfield in Nottinghamshire. We offer a family based approach for people who are living with or have experienced any form of domestic violence or abuse. We have a team of highly experienced and qualified workers who have supported 1,000's of families to live a life free from harm.

If you or anyone you know needs some advice, support and guidance then please get in touch with us. We're here to listen and know how hard it is to make that first contact but we will be waiting for when the time is right...

We are not a crisis support service, instead we focus on intervention and prevention at the earliest stage possible enabling families to live healthy, happy and safe lives. If you require immediate support, please contact the following for advice:

Nottinghamshire 24 hour freephone helpline: 0808 800 0340

We help children and young people understand what healthy relationships look and feel like and aim to build their confidence and self esteem

Awareness

To raise awareness and understanding of domestic violence and help to reduce the devastating effect on individuals.

## Partnership

To work in partnership with key statutory, voluntary and community agencies, including existing domestic abuse services to provide a cohesive specialist support service.

## Reduction

To reduce the harmful effects of domestic abuse to women, children and young people.

## What we do:

We offer family based interventions to male and female survivors of domestic abuse aged 5-25 and their families. Our range of services within the whole family support team includes:

- Children's Domestic Abuse Worker
- Young Person's Domestic Abuse Worker
- Safety Support Worker
- Family Intervention Worker
- Risk Assessment Worker

## We offer:

- Immediate support and crisis intervention
- Direct one-to-one support
- Telephone support
- Outreach support in the community e.g. school, college, community centre, home visits
- Workshops, training and development sessions
- Safety equipment

- Signposting to other relevant services

Throughout the support process we assess risk as we know it can be fluid, guiding you to complete any necessary safety and support planning, as well as liaising with key agencies.

How you can access support from us:

If you are a family who are looking for support you can contact us by calling 01623 683 250. We will need some information from you to get things started and will do this sensitively either over the phone or in person.

If you are a professional looking for support on a case you can call us on 01623 683 250 and we will be able to support you over the phone. If you want to make a referral you will need to complete a referral form (we can e-mail this to you).

Please complete the referral form and e-mail this to us at [referrals@nidas.org.uk](mailto:referrals@nidas.org.uk)

**Area:** Bassetlaw

## **Contact Details**

Mansfield Business Centre

Ashfield Avenue

NG18 2AE

[hello@nidas.org.uk](mailto:hello@nidas.org.uk)

01623 683 250

<http://www.nidas.org.uk/>

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