





Safe lives, free from
abuse and violence



**If you are hurt,
controlled or abused
by someone you love,
IDAS can help.**

We are here for anyone who is experiencing domestic abuse. We provide free, confidential advice and support and access to emergency accommodation.

**For more information visit [idas.org.uk](https://www.idas.org.uk) or
email info@idas.org.uk**



Studies show that a third of lesbian, gay and bi people have experienced abuse in their relationship. For trans people this figure is higher.

We will support you whatever your sexual orientation or gender identity. Our support is free and non-judgemental.

Signs of an abusive relationship

There are many similarities between LGBT+ people's experiences of domestic abuse and that of your heterosexual peers. Abuse can be physical, emotional, sexual or financial.

However, you may also have your sexuality and gender identity used against you as a tactic for the abuser to keep the power and control in the relationship in the following ways:

- ✿ Intimidation and threats of disclosure of sexual orientation or gender identity to others.
- ✿ Disclosing gender history, sexual orientation or HIV status without consent.
- ✿ Limiting or controlling access to LGBT+ spaces or resources.
- ✿ Isolating you from friends and family.

Whatever your circumstances, IDAS can support you. For further information visit [idas.org.uk](https://www.idas.org.uk)