

Prevention Of Domestic Abuse Service

Do your feelings leave you frustrated and out of control?

Have your relationships with partners and family members suffered as a result of your behaviour?

If you know you have been abusive and you don't know what to do or how to stop, contact the **PODAS** team for help

Whether you are male or female **PODAS** can offer you the support to change

We believe that the use of violence and abuse is a choice

We understand that making the decision to get help is a difficult step to take. It takes commitment and determination from you. Contact the **PODAS** team on:

(01482) 396708 or 396706

Confidential support for residents of East Riding of Yorkshire



EAST RIDING
OF YORKSHIRE COUNCIL

