

# Christmas can be a stressful time, but it should never mean fearing a loved one.

If your partner or a family member says or does things to hurt or harm you, IDAS are here to help.

Call **0808 808 2241** for emotional and practical support

Visit **idas.org.uk** for information or to join a

**LiveChat 3pm - 6pm, Monday - Friday**



Safe lives free from abuse and violence

Charity number: 1102337

Scan to visit the  
IDAS website.

