

COVID 19 may cause stress and upset, but it should never cause you to fear 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 03000 110110 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

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Scan to complete an
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