

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 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

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