# DOMESTIC VIOLENCE DOESN'T TAKE A HOLIDAY

Christmas should be a time of joy, but for many, it can be a time of fear. Domestic violence often increases during the festive season due to stress, financial pressure, and isolation.

## WHY CHRISTMAS CAN BE RISKY

- Increased alcohol consumption
- Financial strain
- Family tensions
- Isolation from support networks

## SIGNS OF DOMESTIC ABUSE

- Physical harm or threats
- Emotional manipulation or intimidation
- Financial control
- Isolation from friends and family

## WHAT YOU CAN DO

- If you are in danger: Call emergency services immediately.
- Reach out for help: Contact local domestic violence helplines or charities.
- Plan ahead: Keep important documents, emergency numbers, and a safe place in mind.

## SUPPORT CONTACTS (UK)

| Service | Contact |
|---|---|
| National Domestic Abuse Helpline | 0808 2000 247 (24/7) |
| Women's Aid Live Chat | womensaid.org.uk |
| Men's Advice Line | 0808 801 0327 |

24/7 Confidential Helpline- 0800 8807373 helpline@sixmha.org
www.sixmha.org Scan for the SIX MHA App - LVZ-489-754