

# 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- 07480726082 [helpline@sixmha.org](mailto:helpline@sixmha.org)  
[www.sixmha.org](http://www.sixmha.org) Scan for the SIX MHA App !

<b>SG Pam UK</b>	<b>PAM-144-465</b>
<b>SG Okarno</b>	<b>SGA-633-545</b>
<b>SG British Gypsum</b>	<b>SGB-739-287</b>
<b>SG Formula</b>	<b>SGF-430-009</b>
<b>SG Gyproc</b>	<b>SGG-941-361</b>
<b>SG High Performance Soutions (abrasive and ceramics)</b>	<b>SGH-691-236</b>
<b>SG Offsite Solutions</b>	<b>SGO-706-955</b>
<b>SG Professional Services</b>	<b>SGP-218-352</b>
<b>SG GTC BPB</b>	<b>SGG-921-354</b>
<b>SG Calders &amp; Grandidge</b>	<b>SGC-463-942</b>
<b>SG Isover</b>	<b>SGI-409-619</b>
<b>SG Life Sciences</b>	<b>SGL-841-310</b>
<b>SG PPL Corby</b>	<b>SGP-295-848</b>
<b>SG Farecla</b>	<b>SGF-762-080</b>
<b>SG Glass</b>	<b>SGU-K2- 921-14</b>
<b>SG Glassolutions</b>	<b>SGU-K2- 921-14</b>
<b>SG Glass Swisspacer</b>	<b>SGU-K2- 921-14</b>
<b>SG Glass Vetrotech</b>	<b>SGU-K2- 921-14</b>
<b>SG Weber</b>	<b>SGW-621-524</b>
<b>SG Ecophon</b>	<b>ECO-388-998</b>