

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- 07897073682 helpline@sixmha.org
www.sixmha.org Scan for the SIX MHA App - MKM-106-344