

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 our
helpline on
03000 110 110
for emotional
support and
advice



Visit
idas.org.uk
for information or to
access a private LiveChat
Monday - Friday
3pm - 6pm



Safe lives free from abuse and violence

Charity number: 1102337