

# 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

Scan to visit the  
IDAS website.

