

How much more can you take?

Domestic Abuse often increases at Christmas - it's time to speak out

useless
what you do
stupid cow
Just shut it, go
Just watch you
useless
you'll never
don't ever
you'll regret
I'll cut

*Be safe
this Christmas*

In an emergency ring **999** or
for help and advice call **101**

If you are deaf or hard of hearing
you can textphone 18001 101

24hr National Domestic Violence
Helpline **0808 200 0247**



**WEST YORKSHIRE
POLICE**