

# 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 escape  
don't ever leave  
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**