



**FOR IMMEDIATE RELEASE**

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**Support Is Here This Holiday Season — You Are Not Alone: Hope, Safety, and Support for Survivors of DV**

**Salt Lake & Tooele County**—December 23, 2025— The holiday season is often portrayed as a time of warmth, family, and celebration — but for many individuals experiencing domestic violence, this time of year can bring heightened stress, isolation, and danger. Domestic violence does *not* take a holiday during the holidays, and neither do we.

**Domestic violence can increase during major holidays** such as Christmas due to added financial burdens, extended family dynamics, and more time spent in close quarters with an abusive partner. These risk factors can make it more difficult for survivors to plan for their safety or connect with support.

“We want our community to know that help and hope are available — especially now,” said **Lindsey Boyer, Executive Director**. “We understand many survivors experience feelings of guilt and obligation during the holiday season, feeling immense pressure to portray a joyful persona, and may consequently avoid or delay seeking help. If you or someone you care about is experiencing abuse, you do not have to face this alone. Survivors deserve support, safety, and dignity every day of the year.”

Safety planning is an important tool that helps survivors and their loved ones navigate challenges that may arise during holiday gatherings, travel, and extended time with family or partners: <https://svsutah.org/education/safety-planning/>

**For anyone experiencing domestic violence, contact our 24-hour helpline:**

- **Salt Lake County: 801-255-1095, SL County TTY/text helpline: 801-870-5018**
- **Tooele County: 435-231-3557**

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South Valley Services (SVS) is a 501(c)(3) non-profit organization that has served the local community since 1998. South Valley Services is a survivor-centered organization where individuals impacted by domestic abuse and sexual violence can realize their strength, courage, and resilience while on their path to an empowered future. For more information, please visit our website at [www.svsutah.org](http://www.svsutah.org).