

STALKING: ADVICE FOR VICTIMS

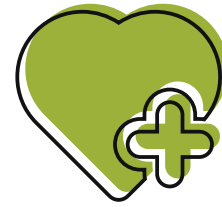
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STALKING IS...
**REPEATED,
UNWANTED
BEHAVIOR** THAT
MAKES YOU FEEL
DISTRESSED OR
SCARED.



STALKING CAN
INCLUDE ANYTHING
FROM **NON-STOP
CALLS OR CREEPY
LETTERS, GIFTS**
AND SOCIAL MEDIA
ABUSE.



IT CAN BE **WITH OR
WITHOUT VIOLENCE
OR INTIMIDATION**
AND HAS A HUGE
EMOTIONAL IMPACT
ON ITS VICTIMS.

WHAT CAN YOU DO?

- **DON'T ENGAGE**
trying to reason with the stalker may make the situation worse
- **TELL PEOPLE**
speak to neighbours and colleagues who may be able to help you collect evidence
- **KEEP A DIARY**
include times, dates, locations, what happened, any vehicle details and how it made you feel
- **TRUST YOUR INSTINCTS**
if something doesn't feel right, tell somebody about it
- **DON'T SUFFER IN SILENCE**
you can call the National Stalking Helpline on 0808 802 0300.

STALKING AND THE POLICE

To report the police you can do one of two things; either attend your local police station or ring non-emergency number 101. But if you're in immediate danger at any time then call 999.



**1/6 WOMEN
AND 1/12 MEN**
will experience staking in
their adult life

REMEMBER

You can contact your local victim care team, who can help you even if you haven't reported the crime. For further information you can also visit: www.suzylamplugh.org
<https://www.catch-22.org.uk/offers/victim-services/>