



Victim First

Leicester, Leicestershire & Rutland

Easy-Read Booklet

This booklet explains how Victim First can help if you have been hurt or upset by a crime.



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WHO ARE VICTIM FIRST?



Victim First help people who have been hurt or upset by a crime



We support people in Leicester, Leicestershire & Rutland



Support is free, you do not have to pay



We do not work for the police

HOW CAN I BE A VICTIM?

You might be a victim of:



Scams or Fraud:

If someone tricks you to get your money or personal information



Mate crime:

If someone pretends to be your friend to get something from you



Hate crime:

If someone targets you because of your disability or who you are



Harassment:

If someone makes you feel scared, or uncomfortable on purpose

These can all happen online or in person

HOW CAN I BE A VICTIM?

You might be a victim of:



Burglary, Theft or Robbery:

If someone breaks into your home or steals from you



Assault and Threats:

If someone hits, kicks or hurts you physically or threatens to hurt you



Sexual Abuse:

If someone touches you or tries to touch you in a sexual way without your permission



Domestic Abuse:

If someone hurts or controls you at home or in a relationship

FEELINGS AFTER A CRIME

After a crime, you might feel:



Unhappy, sad, hurt or upset



Angry, frustrated or mad at the person who hurt you



Scared, worried, unsafe or frightened



Alone, overwhelmed, confused or unsure what to do next

HOW CAN VICTIM FIRST HELP?

Victim First can help you by:



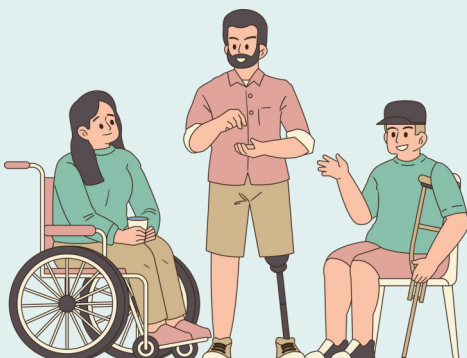
Talking to you about how you are feeling after the crime



Helping you to tell other people who might be able to help



Giving you advice on how to keep yourself safe



Help you to talk safely with the person who hurt you. This is called Restorative Justice

HOW CAN I CONTACT VICTIM FIRST ?



0800 953 9595



VictimFirst@catch-22.org.uk



<https://victimfirst.org/>



@Victim1st