

## SAFETY ADVICE

- Consider carrying a personal alarm / body camera
- Turn your phone into a GPS alarm - download safety apps such as 'Hollie guard', 'Bright Sky' and set up the buddy alert with safe friends and family who can track your location in an emergency
- Vary your daily routine and take different routes to and from work
- Park in well lit areas near the public, or near CCTV. Always park facing an exit for a clear quick get away
- If you are being followed head for a place of safety e.g. Police Station, public areas, 24hr supermarket, petrol station that has CCTV
- Keep to areas in view of the public that are not isolated. Keep your phone in your hand and activate your safety app
- Review your privacy settings on all social media, and encourage friends and family to do the same
- Review your online presence by typing your name on search engines to see what information is available to the public
- Change email, social media and bank account passwords regularly, and ensure answers to security questions can't be guessed



Nottingham City and County Stalking Advisory Service is Commissioned by Nottinghamshire Police & Crime Commissioner.

The Stalking Advisory Service is a conglomerate of support services who specialise in supporting male and female victims and survivor's of stalking, harassment and abuse.

The Stalking Advisory Service has been created to specifically support '**NON**' Domestic Violence victims of Stalking

Enquiries & Agency referral forms can be obtained by emailing:

[stalking.advocacy@nottinghamshire.pnn.police.uk](mailto:stalking.advocacy@nottinghamshire.pnn.police.uk)

Self referrals can be made by calling the Stalking helpline numbers:

Women's Helpline: **0115 947 6490**

Men's Helpline: **0115 960 5556**

If you are experiencing Stalking by an **ex-intimate partner** please call the **Domestic Violence Helpline** numbers:

Women's helpline: **0808 800 0340**

Men's helpline: **0115 960 5556**



Charity ref: 513843



Charity ref: 1094012



Charity ref: 1140240



## Important information & advice for victims of STALKING

**FOLLOWING ME, SENDING GIFTS, TEXTS, CALLS, FEAR, THREATS, BLACKMAIL, HACKING, CYBER STALKING, TURNING UP, TAMPERING, REVENGE, SABOTAGE...**



Know the (**FOUR**) signs of Stalking:

**F**ixated on you  
**O**bsessed with you  
**U**nwanted attention  
**R**epeated behaviour

**FOR SUPPORT CALL:**

**Women's Helpline 01159 476490**

**Men's Helpline 01159 605556**

## STALKING IS A CRIME

Stalking is a pattern of repeated, persistent and unwanted behaviour that is invasive and can generate fear. Stalkers can be male or female.

Stalking occurs when the person becomes fixated and obsessed with another. Stalking is a devastating crime and its impact can result in major life changes for the victim, eg:

- Living in constant fear
- Invasion of privacy
- Threats of violence
- Loss of employment
- Having to move
- Isolation, unable to go out
- Depression, Anxiety & PTSD
- Potential physical injuries

You can take immediate action if you are being stalked by calling the police on 101 (non emergency) or 999 if you are in immediate danger.

You can self refer to the Stalking Advocacy Service for support, advice and safety planning on:

**0115 947 6490**

## STALKING ADVOCACY SERVICE

If you are experiencing stalking then the Stalking Advocacy Service can..

- **Assess risk**
- **Create a bespoke safety plan**
- **Identify and support your needs and wishes**
- **Support with reporting to the police**
- **Support with civil legal interventions**
- **Signpost to solicitors**
- **Support with housing applications**
- **Discuss/identify your options**
- **Provide emotional support and refer to counselling services**
- **Advocate with other agencies**

### Aims of the Stalking advocacy service:

- Reduce risk and increase your safety
- Listen to and believe you
- Client centred focus
- Increase confidence in reporting
- Advocate and support your wishes

## DOCUMENTING EVIDENCE

It is important to gather evidence and document what is happening., you can do this by ..

- **Keep a diary/log include dates, time, location and the personal impact it has had on you**
- **Screen shot text messages, save emails, keep postage details of unwanted gifts**

## ESSENTIAL ADVICE

### DO NOT ENGAGE OR RESPOND TO YOUR STALKER

(any contact may encourage your stalker to continue with their behaviour)

**Discourage** your friends and family from challenging your stalker, This could put you or them at greater risk of harm.

Report incidents of stalking to the Police it is a **CRIME**