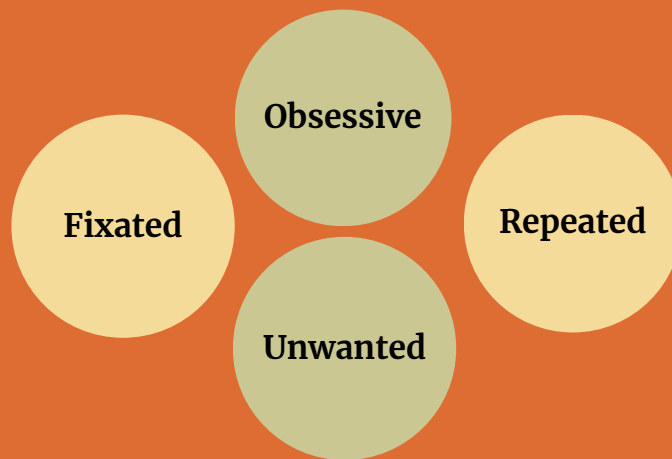


1 in 5 women  
will be stalked in  
their lifetime.

## Recognise the Warning Signs

There are **four warning signs** of stalking. You should seek advice if the behaviour you're experiencing is any or all of the following:



## Trust yourself

It is important that you **trust yourself and your instincts**. If you think that you are experiencing stalking, the Stalking Advocacy and Support Service (delivered by Stop Domestic Abuse) is here to support you.

## How to get support

Stalking can happen to **anyone by anyone** and you are **never to blame**. We are here to support you.

- Specialist Stalking Advocates are on hand to offer you high-quality, free, confidential support.
- We advise to always keep your phone on you and ensure it is charged.
- Consider keeping a list of all important numbers on your phone in case you need help fast.
- Download and use the Hollie Guard mobile app which is a personal safeguarding app.

For advice, help and information call **0330 0533 630**

If in danger, call 999

For more safety tips, visit [stopdomesticabuse.uk/stalking](http://stopdomesticabuse.uk/stalking)

Our specialist advocacy workers are here to **help you**, whether you are concerned you are being followed regularly, if your car is being tracked, or you are worried about **online safety**, we are here to give you advice and support.

We can also suggest **how your friends and family can help** if are worried you are in immediate danger, and how you can **protect your home**, and how to talk to your employer if you are worried about your **safety at work**.

**Gathering information for the police** is also really important and we can tell you how to **record incidents and information** to assist an investigation.

1 in 10 men will be  
stalked in their  
lifetime.

# What is Stalking?

Stalking is a pattern of fixated, obsessive, unwanted and repetitive behaviour that causes you to feel distressed or scared.

Stalking can consist of any type of behaviour such as regularly sending gifts, constant, unwanted or malicious communication, damaging property and physical or sexual assault. Stalkers can use a combination of online and offline behaviours to try and gain contact such as calls, texts, contacting family, friends and work, researching you online and using fake profiles to try and remain anonymous.

Stalking is a serious crime. If you are receiving any form of contact that is causing you to feel distressed or scared, even if the person has never threatened you, this can still be stalking and is not acceptable.

You are not alone and can report this behaviour. Stalking is never your fault.

OPCC WORKING WITH STOP DOMESTIC ABUSE

## STALKING ADVOCACY & SUPPORT SERVICE

HAMPSHIRE & ISLE OF WIGHT

For advice, help and information

### Call

0330 0533 630

### Email

stalking@stopdomesticabuse.uk

### Visit

stopdomesticabuse.uk/stalking

STOP  
DOMESTIC  
ABUSE

DONNA JONES  
POLICE & CRIME  
COMMISSIONER  
HAMPSHIRE & ISLE OF WIGHT

Southern Domestic Abuse Service (t/a Stop Domestic Abuse).  
Registered Charity 1146773

STOP  
DOMESTIC  
ABUSE



# Are you experiencing stalking?

For advice, help and  
information call

0330 0533 630

Always call 999 if you are in danger.

OPCC WORKING WITH STOP DOMESTIC ABUSE

## STALKING ADVOCACY & SUPPORT SERVICE

HAMPSHIRE & ISLE OF WIGHT