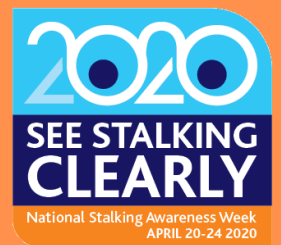


STALKING: SPOTTING THE SIGNS



0808 802 0300



As we spend more time online during lockdown, consider your cyber safety.

- Check for malware and key logging software.
- Change passwords frequently
- Limit the information you share on social media.
- Keep your anti-virus software up to date.



NOT ALWAYS A STRANGER

45% of people who contact the National Stalking Helpline do so because an ex partner is stalking them.

GETTING HELP

The National Stalking Helpline is available on 0808 802 0300, or call 999 in an emergency.

WHAT DOES STALKING LOOK LIKE



Unwanted
gifts



Waiting near
home



Unsolicited
contact



Phone
calls



Spreading
rumours



Following
you



Social Media
stalking



Damaging
property

**YOU DO NOT NEED TO FEAR VIOLENCE TO
BE A VICTIM OF STALKING**

STALKING DURING LOCKDOWN

- Help is still available during lockdown
- Call 999 in an emergency
- Phone the National Stalking Helpline
- Visit www.suzylamplugh.org



0808 802 0300

