STALKING: SPOTTING THE SIGNS

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

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