

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

STALKING

Know the (FOUR)
signs:

Fixated on you
Obsessed with you
Unwanted attention
Repeated behaviour

“Persistent and unwanted attention that makes you feel pestered and harassed. It includes behaviour that happens two or more times, directed at or towards you by another person, which causes you to feel alarmed, distressed or in fear “

Recognise it

Record it

Report it

Reach out for support

Nottingham City & Nottinghamshire Stalking Advisory
Service (SAS) puts your Safety and Support needs first

For support call:

Women's Helpline 01159 476490

Men's Helpline 01159 605556

