

PUT A **STOP** TO STALKING



Say no.

Tell the person once that you do not want any further contact and then do not respond to them anymore

Take notes.

Keep a diary of everything that happens and save evidence

Options.

You can call the National Stalking Helpline on **0808 802 0300** who can help explain your options

Police.

Stalking behaviour is against the law and police can take action. If you ever feel threatened or in danger, call **999**