

TAKING STALKING SERIOUSLY

NATIONAL STALKING HELPLINE

0808 802 0300

stalkinghelpline.org

HELPING VICTIMS OF STALKING

Stalking is repeated, unwanted intrusions into your life that cause you to feel scared or distressed. It doesn't have to include threats of violence and will usually be carried out by someone you know.

If you or someone you know is being stalked and you are not sure what to do or who to talk to, you can contact the National Stalking Helpline. We provide confidential information and guidance and always take stalking seriously.

Freephone: 0808 802 0300

www.stalkinghelpline.org

advice@stalkinghelpline.org

Open 09:30 to 16:00 weekdays (except Wednesday 13:00 to 16:00)

[@talkingstalking](https://www.facebook.com/talkingstalking)

[facebook.com/stalkinghelpline](https://www.facebook.com/stalkinghelpline)

The Helplines Association
Member

Free
0800 011 011



The National Stalking Helpline is run by Lucy Lomax that, registered charity number 822557 and in partnership with Helixon for Surviving Stalking 108762 and Protection Against Stalking 1126199. Calls to the National Stalking Helpline are confidential. We do not use technology to identify callers or use call recording equipment. Visit www.stalkinghelpline.org for more information.