WHAT VICTIM SERVICES CAN DO FOR YOU...

Victim Services offers no-cost, confidential:

- Therapy
- Advocacy
- Safety Planning
- Crisis Counseling

You are not alone. 6.6 million people are stalked each year in the U.S. You have the right to be heard, report to law enforcement, have your case investigated, be protected by the law, and live your life free of stalking.

WE CAN HELP

Community Resources

- Favor House of Northwest Florida
  850.434.6600
  www.favorhouse.org
- Legal Services of North Florida
  850.432.8222 or visit www.lsnf.org
- Florida Council Against Sexual Violence
  888.956.RAPE (7273)
- Florida Coalition Against Domestic Violence
  800.500.1119

This project was supported by Contract No. LN967 awarded by the state administering office for the STOP Formula Grant Program. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the state or the U.S. Department of Justice, Office on Violence Against Women.

VICTIM’S SERVICES

Rape Crisis/Trauma Recovery
1221 W Lakeview Ave., Building H
Pensacola, FL 32501
24/7 Hotline 850.433.7273
Business Line: 850.469.3800
Fax: 850.595.1420
WHAT IS STALKING?
Stalking is a pattern of behaviors that is usually dangerous, causes you fear and is unpredictable. A stalker can be someone you know, an acquaintance, or a stranger.

Cyberstalking is when someone communicates with you electronically in a way that makes you scared or worried for your own safety and/or the safety of your loved ones.

COMMON STALKING BEHAVIORS
- Calling/texting you repeatedly
- Following you
- Sending you unwanted gifts, letters or cards
- Using social media to harass you
- Using the internet, friends and co-workers to find out your personal information
- Damaging your property
- Using GPS or cameras to track you
- Driving by or hanging around your home, school or workplace

“What Should I Do if I’m Being Stalked?”
- If you are in immediate danger, call 911.
- If a stalker is making threats of suicide, murder, or physical assault, take these threats seriously.
- Call our 24 hour Victim Services Hotline at 850.433.7273 for free and confidential support.
- Keep a record of all contact made by stalker.

Reach out to your local resources. Lakeview's Victim Services is also a certified Rape Crisis Center. Pensacola is also home to Favor House, a certified Domestic Violence Shelter (see contact information on the back). Both resources will help you create a safety plan, provide support, crisis counseling, provide referrals, and even provide advocates to go to court with you.

An Injunction for Protection, otherwise known as a restraining order, can make it illegal for your stalker to contact you (whether in person or online). An advocate can help you get an injunction and a referral to legal services.

An advocate is a person who provides you with support, helps you find resources, and helps you fill out important legal documents. An advocate can also help you create your own personalized safety plan. They can help you think of ways to change your routine, have a safe place to go if you need to leave home, and decide in advance what you will do in a “what if” scenario.

SAFETY TIPS
It’s recommended to avoid all contact with the stalker by not responding to any and all of the stalker’s attempts to contact you. If you have to communicate with the stalker due to parenting issues then consider limiting/restricting the communication to written forms of contact only (like letters or emails); that way you have a paper trail.

Change all your passwords, security questions, locks, and pin numbers. Consider new ones that the stalker cannot guess or hack.

Identify trusted individuals and make them aware of the stalker and your fears so that they can keep an eye out, know not to give the stalker information about you, and give you support. Some people to consider telling would be your boss and the principal/teacher at your children’s school.

Last, but not least, document as much evidence of stalking as you can. Save and print emails, text messages, phone logs, gifts, notes. Photograph property damage or injuries. Ask witnesses to write a “witness statement.” Write down the dates, times, and places the stalker had contact with you or followed you. Report these incidents to police.