Resources: Stalking Awareness and Ways to Help Stalking Victims

If you or a loved one is being stalked:

- If you are in immediate danger, call your local police department’s emergency number (911). If your local police department employs a victim advocate, they may be able to help you develop a safety plan. (Source: Office for Victims of Crime). If you do not know how to reach your local service provider, or for additional assistance:
- You may wish to contact the National Domestic Violence hotlines (listed below), or reach out to a local domestic violence organization or service provider.
- Domestic violence and/or sexual assault service providers can be great resources to contact about stalking even if they do not provide direct services related to stalking. (See Stalking-related resources on NNEDV and thehotline.org)

- Trust your instincts. Identify a pattern of behavior.

- Keep a log of obsessive behavior. See SPARC resource for logging incidents.

- Make a safety plan: See SPARC resource for Stalking Safety Strategies

- Create a technology safety plan: See Safety considerations for seeking help online (NNEDV)

Tips on creating a tech safety plan (NNEDV)
- Identify technology-based stalking or abuse
- Use the Tech Safety App for step by step tips
  - Change passwords regularly and often
  - Limit information about yourself online
  - Use a profile picture that isn’t your face
- Make usernames that don’t include your name / birthday
- Delete your history / cookies / saved passwords regularly
  - Use an anti-virus software
- Check your privacy settings on social media sites.

Hotlines Helplines Chat Text

Stalking Prevention, Awareness and Resource Center (SPARC)
(202) 558-0040 | Instagram: @followuslegally | What to Do if You Are Being Stalked?

National Network to End Domestic Violence (NNEDV): The Safety Net Project (Tech Safety)

National Center for Victims of Crime (NCVC)
1-202 467 8700 | Email: info@victimsofcrime.org
Stalking Resource Center

National Domestic Violence Hotline
1-800-799-7233 | Chat | Safety Planning for Stalking Victims

National Human Trafficking Resource Center
1-888-373-7888 | Text

National Teen Dating Abuse Helpline
1-866-331-9474 | Chat

VictimConnect Hotline
1-855-484-2846 | Chat

Cyber Civil Rights Initiative
844-878-CCRI (2274)

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