Resources on 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)

• 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

• 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)

• Create a technology safety plan

  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
What to Do If You Are Being Stalked?
Instagram: @followsafegally

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@victimsforcrime.org
Stalking Resource Center

National Domestic Violence Hotline
1-800-799-7233  Chat
SafeTipping for Stalking Victims

National Sexual Assault Hotline/ National Street Harassment Hotline (RAINN)
1-800-656-6773  Chat

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
844 875 5263 (2274)

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