

SILENCE IS **NOT** GOLDEN

# STALKING & HARASSMENT

**It is a form of domestic abuse and it can happen to anyone.**

Being stalked can make you feel scared, anxious and afraid of leaving your home. It is usually constant and unwanted attention in person, online or via the phone. Some of the behaviours you experience may seem small, but together they form a pattern of behaviour that is frightening and upsetting.

**Stalking is a criminal offence and if you go to the police they will take it seriously.**

**National Stalking Helpline:**  
(run by Suzy Lamplugh Trust)

**0808 802 0300**



The Hub is open from 9am - 4.30pm, Monday - Friday.

**Call: 01302 737 080**

Or, if you're not able to speak on the phone, please contact us via email:

✉ email: [dahub@doncaster.gov.uk](mailto:dahub@doncaster.gov.uk)



If you or someone you know is in an abusive relationship and you don't know what to do, please contact us. We will listen and we can help.

Remember, always dial 999 in an emergency.

National 24 hour Domestic Abuse Helpline - 0808 2000 247