



# Stop Stalking!

Counselling for people who  
are being stalked

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gefördert durch die



## Stalking describes

**the intentional and persistent stalking and harassment of another person, for example, by...**

- ... repeated telephone calls, messages, e-mails
- ... stalking, following and spying on another person
- ... unwanted contact (also via third parties)
- ... cybercriminal actions
- ... unwanted gifts or orders
- ... damaging property
- ... threats, insults and physical assaults
- ... intrusion into property and home

**Stalking is a criminal offense according to § 238 StGB.**

*„I just want it to stop...“*



## Many people who are stalked...

- ... feel harassed
- ... feel fear, but also anger and rage
- ... feel helpless and powerless
- ... restrict their radius of movement
- ... lose quality of life
- ... develop psychological symptoms such as restlessness, insomnia, depression
- ... would prefer to make themselves invisible
- ... think about moving or changing their job

## Our counselling service:

- We listen to you and structure the factual situation
- We inform you about stalking and what you can do by yourself
- We help you to assess the existing risk
- We talk to you about previous attempts to solve the problem
- We support you in developing helpful individual solutions
- We inform you about different (legal) options that can protect you
- We refer you to other specialized agencies that could be helpful for you