



Stop-Stalking

COOPERATION PARTNERS:



The Berliner Polizei



- Several lawyers
- Help centers for victims
- BIG, Berliner Interventionszentrale bei häuslicher Gewalt
- Centers for men

WHAT TO EXPECT FROM US:

The First Contact:

Contact without any obligations which can take place personally, by telephone or via e-mail.

The First Session:

After you have established a first contact, the first session takes place personally at our premises. The purpose of this session is to find out what your current situation is, what the goal of the counseling service should be for you and to sign a counseling-agreement.

The entire counseling process can consist of several sessions, depending on your need. Goals are agreed upon initially and you will receive assistance for overcoming your stalking behavior. We give information on the legal situation and other institutions if needed.

We are bound by law (§ 203 StGB) to treat anything you share with us confidentially. The counseling service is free of charge.

APPOINTMENTS

Appointments can be made

Tel. 030 - 397 908 98

E-mail: info@stop-stalking-berlin.de

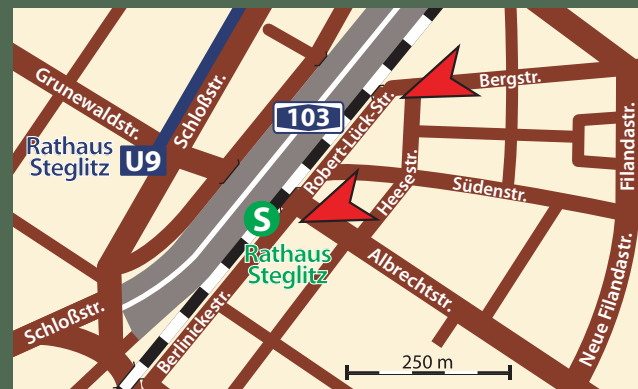
www.stop-stalking-berlin.de

CONTACT:

Stop-Stalking
Albrechtstraße 7
12165 Berlin

CONSULTING:

(by telephone arrangement)
Bergstr. 1 (Entrance Heesestr.)
12165 Berlin



KUB e.V.

Stop-Stalking is a service offered by the KUB e.V.

(www.kub-in-berlin.de)

KUB e.V. is a social, psychological institution that has offered counseling services in crisis situations since 1983 and is committed to helping people deal with complex everyday problems.



Stop-Stalking

living a self determined life again

Counseling for people who stalk



Stop-Stalking

STOP-STALKING

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WHAT IS STALKING?

Stalking describes the action of purposely and persistently following and harassing another person.

People that stalk look for contact to another person, who clearly does not wish to have contact. Nonetheless, people who stalk continue with their behavior.

Stalking comprises many actions that can occur in different combinations and which are practiced for a longer period of time.

WHAT EFFECT DOES STALKING HAVE?

In many cases Stalking is a problem for both parties. Those being stalked can be permanently harmed regarding their mental and/or physical well-being. For them the best solution is that the stalking stops. However, only the person that is stalking can bring this about. Stop-Stalking therefore understands itself as protection for people who are being stalked.



LIVING
a self determined **LIFE** again
Stalking – a problem for both sides

THESE ACTIONS CAN BE:

- Following another person
- Telephone calls
- Letters / text messages / e-mails
- Shadowing
- Lingering at someone's home or breaking in
- Damaging personal belongings
- Threats and physical attacks etc.

Those being stalked are often previous partners. Stalking is very common and can have such a severe negative effect on the Stalking-victims that Germany passed a law against Stalking in March 2007 ("Nachstellungsgesetz" § 238 StGB).

Oftentimes those who stalk also suffer from their stalking actions and the following consequences. Many find themselves in a spiral that keeps getting worse. The less their actions lead to their goal, the more they stalk and the more frustrating the situation becomes for all involved. For those who stalk this can mean that:

- Stalking narrows the point of view
- Stalking costs a lot of time and energy
- Stalking leads to inner emptiness that is only "filled" with more stalking
- Stalking enhances lowliness and is experienced as personal harm
- Stalking is portrayed as an addiction, as a compulsion
- Stalking can cause the police and justice system to intervene because it is a crime

Ways out of STALKING

WHAT CAN HELP?

People who stalk therefore harm others and themselves with their stalking behavior.

Stop-Stalking gives people that stalk the chance to talk to someone and to find a way out of their stalking-behavior.

WHAT WE OFFER:

If you think you might be stalking someone, you can contact us and talk about your situation anonymously and without any obligations. If we agree with you, that some counseling sessions might help you deal with your situation, we can promise that we listen without judging and evaluating you. If you have experienced insults or offensive actions and feel misunderstood, rest assured that we will treat you with respect.

The goal of this counseling service is to understand what made you start to stalk someone and thereby what you need in order to live a fulfilled, self determined life.

Account Information for Donations:
KUB e.V.: Keyword Stop-Stalking
Bank für Sozialwirtschaft
Account no.: 314 72 01
Bank code: 100 205 00