

## WHAT TO EXPECT FROM US

### The first contact:

- ▶ By telephone or via e-mail
- ▶ For the first session we fix an appointment. During the session we clarify your situation and initiate the first steps for your protection and stabilisation.
- ▶ We listen to you and examine, if you need long-term counseling or if an information conversation will suffice. At your request we recommend further help at other institutions.

We do not offer legal counseling. We preserve confidentiality according to § 203 of the German Criminal Code. That means that the information entrusted to us will not be shared with anyone else without your consent. Our service is free of charge.

### Cooperation partners

to whom we can establish contact, if necessary:

- ▶ Berlin Police
- ▶ Lawyers
- ▶ District and public prosecution in Berlin
- ▶ Victim support offices in Berlin/Brandenburg
- ▶ BIG – Berlin Domestic Abuse Intervention Centre
- ▶ Counseling services for Women and Men
- ▶ Psychosocial and therapeutic institutions
- ▶ Weisser Ring e.V. – Crime Victim Aid

### Account for donations

selbst.bestimmt e.V.: keyword Stop-Stalking

IBAN: DE74 1002 0500 0001 6582 04

### Stop-Stalking

Albrechtstraße 8

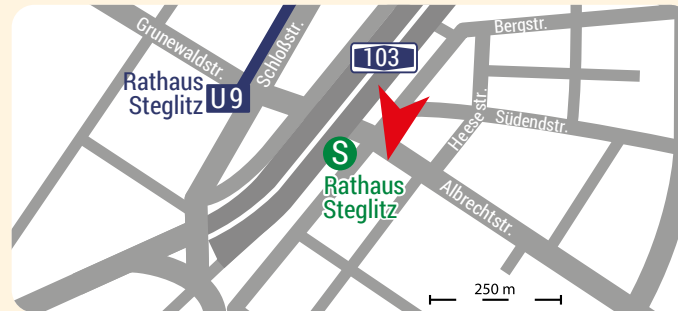
12165 Berlin-Steglitz

*By appointment only*

Tel. **030 / 22 19 22 000**

E-Mail **info@stop-stalking-berlin.de**

Internet **www.stop-stalking-berlin.de**



Stop-Stalking is a service offered by selbst.bestimmt e.V. (www.selbst-bestimmt-berlin.de) – a psycho-social institution engaged in outpatient health care and crisis counseling since 1983.

DPW-member.



Funded by:

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## COUNSELING FOR PEOPLE WHO ARE BEING STALKED



## STOP-STALKING

*Living a self-determined life again*

## WHAT IS STALKING?

Stalking describes the action of purposeful and persistent following and harassment of another person.

People who stalk seek contact to another person, who clearly does not wish to have contact with them or experiences this contact as unpleasant. Nonetheless, people who stalk continue with their behavior.

These actions can be:

- ▶ Telephone calls
- ▶ Letters/text messages/e-mails
- ▶ Following, shadowing, chasing, spying out on another person
- ▶ Unwanted presents and goods orders mailed directly to the person
- ▶ Unwanted contacts in social media, libel and manipulations
- ▶ Cyber crime/criminal actions (e.g. hacking)
- ▶ Involvement of family members, friends, colleagues, etc.
- ▶ Damaging personal belongings
- ▶ Breaking in/intruding in the person's property
- ▶ Threats and physical attacks

Those being stalked are mostly previous partners, but casual acquaintances (from the social environment or from the Internet), colleagues, doctors, therapists etc. can be affected as well.

Stalking is so very common and can have such a severe negative effect on the stalking-victims that since March 2007 it is qualified as a criminal offence according to the German stalking law (§ 238 of the German Criminal Code). Every stalking victim is entitled to protection and support.

## WHAT ARE THE EFFECTS OF STALKING?

Stalking affects the quality of life in a negative way. The person who permanently has to deal with unsolicited contact attempts feels at the very least harassed. If insults and threats are added on, you can feel attacked, while also being in a state of fear. If the entire interaction lasts for a longer period of time, with the person being stalked seemingly not being able to influence the situation, one could easily feel unprotected and powerless, as well as angry.

Stalking can spoil the joy of life. You experience how your freedom of movement becomes more and more limited every day, because you always have to think about how to avoid your stalker. As a consequence, a lot of stalking victims show strong symptoms of stress, such as anxiety, restlessness, insomnia and/or depression. In some of the worst cases, it can come to traumatization with longterm effects and possibly to thoughts about suicide.

Some want simply to disappear and make themselves invisible. They consider a relocation or change of the workplace.

"I just want everything to stop, so I can live normally again", is a typical thought in this situation.



*Living a self-determined life again*

„Apollo und Daphne“ Marble sculpture by Gian Lorenzo Bernini

## WHAT HELPS?

It is not always possible to stop stalking within a short period of time. Luckily you can protect yourselves through certain measures but also through the attitude of inner strength that you had possessed before stalking started.

Legal sanctions are provided by the stalking law (Nachstellungsgesetz). With the help of the violence protection law (Gewaltschutzgesetz) a restriction order can be obtained.

In individual cases it should be decided what legal measures are most effective. Anyone being treated in the manner described above does not have to accept being treated that way!

## WE OFFER:

- ▶ We inform and counsel you about stalking and what you can do against it.
- ▶ We look into the stalking pattern and the offender profile and develop individual solutions.
- ▶ To reach the successful outcome we go into your uncertainty and create a measure plan for your security.
- ▶ We make together with you a thorough risk analysis and assist in minimizing the threat.
- ▶ We support you if you want to take legal measures. If necessary, we cooperate closely with law enforcement agencies/authorities.

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*Your protection and stability are our priorities*

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We also counsel relatives and friends and the professionals dealing with stalking.