

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 concern and your current situation.
- ▶ We listen to you and examine if you need long-term counseling or if an information conversation will suffice.
- ▶ For a longterm counseling we sign a counseling agreement and define the sub-goals. We discuss the first steps and offer you assistance on the way to desisting stalking.
- ▶ 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
- ▶ Correctional facilities
- ▶ Social services of justice

Account for donations

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

IBAN: DE74 1002 0500 0001 6582 04

Stop-Stalking

Albrechtstraße 8

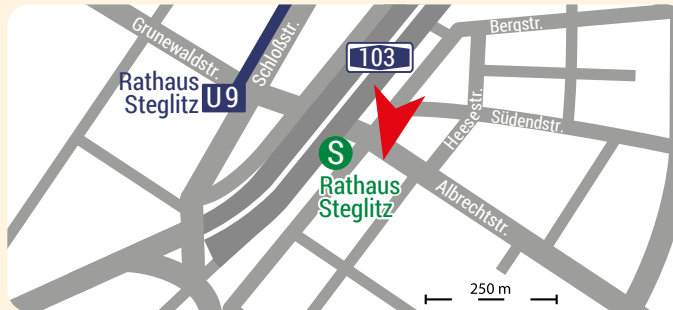
12165 Berlin-Steglitz

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:

Senatsverwaltung
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Verbraucherschutz



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COUNSELING FOR PEOPLE WHO STALK



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 EFFECT DOES STALKING HAVE?

In many cases stalking is a problem for both parties. Those being stalked can, for instance, be permanently harmed regarding their health.

For them the best solution is that the stalking stops. However, only the person who is stalking can bring this about. Stop-Stalking therefore understands itself as protection for people who are being stalked.

But those who stalk also suffer from their stalking behaviour and its effects.

The less their actions lead to their goal, the more frustrating the situation becomes for all involved. Many find their stalking unpleasant and gnawing away at their self-esteem. No one wants to get old with stalking, stalking is no prospect for life. To the contrary:

- ▶ stalking narrows the perspective
- ▶ stalking costs a lot of time and energy
- ▶ stalking leads to inner emptiness that is "filled" with more stalking
- ▶ stalking enhances loneliness and is perceived as personal suffering
- ▶ stalking is experienced as an addiction, almost as a compulsion
- ▶ stalking is a criminal offence and leads to the intervention of the police and justice.

WHAT HELPS?

Speaking about it is often the first step.

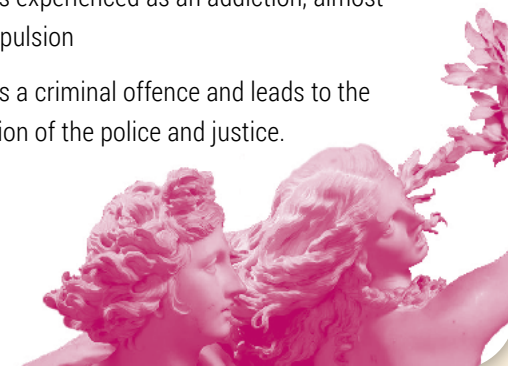
That is why Stop-Stalking offers the people who stalk to share their suffering and find a way out of their stalking behaviour.

WE OFFER:

If you stalk, if you are being accused of stalking, or if you feel vulnerable:

- ▶ You can get in touch with us anonymously and without any obligation.
- ▶ We will listen to you without judgement and check, if there is a basis for a longterm counseling.
- ▶ If you have experienced personal offences or feel misunderstood, we will treat you with respect.
- ▶ The goal of the counseling is to find out what made you start to stalk someone and what you need in order to achieve a fulfilled, self determined life without stalking. You can get in touch with us anonymously and without any obligation.
- ▶ We will listen to you without judgement and check, if there is a basis for a longterm counseling.
- ▶ If you have experienced personal offences or feel misunderstood, we will treat you with respect.
- ▶ The goal of the counseling is to find out what made you start to stalk someone and what you need in order to achieve a fulfilled, self determined life without stalking.

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



Apollo und Daphne* Marble sculpture by Gian Lorenzo Bernini