

WHAT TO EXPECT FROM US

- ▶ First contact: By telephone or via e-mail
- ▶ For the first session we arrange for an appointment. During the session we clarify your situation and initiate the first steps for your protection and stabilization.
- ▶ We listen to you and examine, if you need long-term counseling or if an informational meeting suffices. At your request we recommend further help at other institutions.

We also offer legal counseling. We preserve professional confidentiality according to § 203 of the German Criminal Code. Our service is free of charge.

Cooperation partners

to whom we can establish contact, if necessary:

- ▶ Berlin Police
- ▶ Lawyers
- ▶ Public prosecutor in Berlin
- ▶ Servicestelle proaktiv
- ▶ Victim support bureaus in Berlin and Brandenburg
- ▶ BIG – Berlin Domestic Abuse Intervention Centre
- ▶ Counseling services for Women and Men
- ▶ Psychosocial and therapeutic institutions
- ▶ Weisser Ring e.V. – Crime Victims Aid

Donations account:

selbst.bestimmt e.V.: keyword “Stop-Stalking”
IBAN: DE74 1002 0500 0001 6582 04

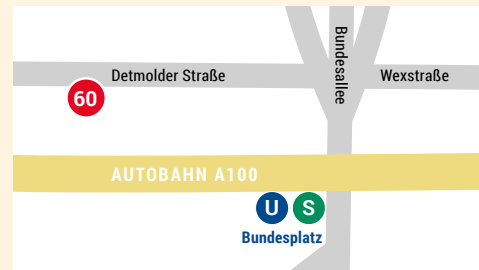
Stop-Stalking am Bundesplatz

Detmolder Str. 60
10715 Berlin-Wilmersdorf
By appointment only

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

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

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



Stop-Stalking is a service offered by selbst.bestimmt e.V. – Service for Conflict Management and Violence Prevention (www.selbst-bestimmt-berlin.de)

Member of the Paritätischer Wohlfahrtsverband Berlin



Sponsored by:



STOP-STALKING

living a self determined life again

COUNSELING FOR PEOPLE WHO ARE BEING STALKED



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.

Stalking actions may include:

- ▶ Telephone calls
- ▶ E-mails, letters
- ▶ Text messages
- ▶ Unwanted contact attempts in social media, defamation and manipulations, dissemination of intimate visual material
- ▶ Cyber crime/criminal actions (e.g. hacking of accounts and passwords, use of fake accounts etc.)
- ▶ Following, shadowing, chasing, spying out on another person
- ▶ Unwanted presents and goods orders
- ▶ 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 also become targets of stalking. Stalking is so very common and can have such a severe negative effect on the stalking-victims that since March 2007 it constitutes a criminal offence according to the German stalking law (§ 238 of the German Criminal Code). Stalking victims are entitled to protection and support.

WAS MACHT STALKING?

Stalking limits quality of life. The person who permanently has to deal with unsolicited contact attempts feels at the very least harassed. If insults and threats are added on, the stalking victims can feel attacked, sometimes fearful. If the entire interaction lasts for a longer period of time, with the person being stalked seemingly not being able to influence the situation, this can lead to feelings of being unprotected and powerless, and maybe also angry.

Stalking can take away one's joy of life. To be forced as a stalking victim to limit your personal freedom, in order to avoid encounters with the stalker, means stress. As a consequence, a lot of stalking victims react with strong strain symptoms: anxiety, restlessness, insomnia, depression. At worst, stalking can lead to traumatization with long-term effects and possibly to suicidal thoughts.

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

Apello und Daphne" marble sculpture by Gian Lorenzo Bernini

WHAT HELPS

It is not always possible to stop stalking within a short period of time. However, you can protect yourself. You can do it through certain measures but also through the recovery of the attitude of inner strength that you had before stalking started.

The Stalking Law (Nachstellungsgesetz) makes criminal prosecution possible. With the help of the Violence Protection Law (Gewaltschutzgesetz) an individual restraining order can be obtained.

In each particular case it should be evaluated what legal measures make most sense. Stalking victims have the right to defend themselves!

WE OFFER:

- ▶ We inform and counsel you about stalking and what you can do against it.
- ▶ We examine together with you this particular stalking process and the offender profile and develop individual solutions.
- ▶ To reach the successful outcome, we explore your uncertainty and create a measure plan for your security.
- ▶ Together with you we conduct 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 authorities.

Your protection and stability are our priorities.

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