

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 concern and your situation.
- ▶ We listen to you and examine, if you need long-term counseling or if an informational meeting suffices.
- ▶ For a longer-term counselling we enter into a counselling agreement with you and define the subgoals. We discuss the first steps and support you on your way to the cessation of stalking.
- ▶ At your request we recommend further help at other institutions.

We offer legal counseling but no legal representation. 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 Wegweiser
- ▶ BZfG (Berlin Centre for Violence Prevention)
- ▶ Counselling for Men Against Violence
- ▶ Jetzt mal anders! – Centre for situational couple violence
- ▶ Gemeinsamer Nenner – Counselling for high conflict separation
- ▶ Psychosocial and therapeutic institutions
- ▶ Correctional facilities
- ▶ Social services of the Department of Justice

Donations account:

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

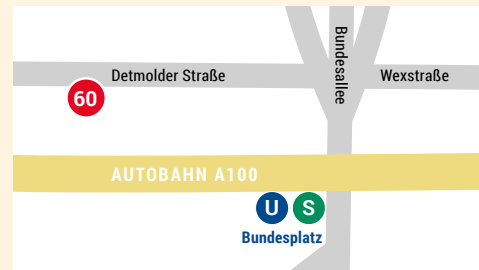
Stop-Stalking am Bundesplatz

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By appointment only

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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

COUNSELING FOR PEOPLE WHO STALK



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.

WHAT EFFECT DOES STALKING HAVE?

In many cases stalking is a problem for both parties. Those being stalked can, for instance, suffer from lasting health impairments.

The best solution for them is that the stalking stops. However, only the person who is stalking can bring this about.

Stop-Stalking therefore understands itself as protection also for people who are being stalked.

But those who stalk often 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 an opposite to a joyful life prospect.

- ▶ 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

Cessation of stalking facilitates new and livable perspectives.

WHAT HELPS?

Speaking about it is often the first step.

That is why Stop-Stalking offers the people who stalk a space where they can 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 long-term 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 stalk 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.

