

EVERYTHING YOU DO ONLINE LEAVES A TRACE

Revealing too much could leave you open to being cyberstalked.

Cyberstalking can be linked to domestic and sexual abuse.

For information visit www.adva.org.uk
Devon Domestic Abuse Helpline 0345 155 1074

 [Is.this.love.fb](https://www.facebook.com/Is.this.love.fb)

 [DC_Isthislove?](https://twitter.com/DC_Isthislove?)


adva
against domestic violence and abuse
in Devon



Devon & Cornwall Police
Building safer communities together

Is This Safe?

Get #cybersafe in #devon

Further sources of help and advice

Please note that we cannot accept responsibility for the content of any external sites. This information is for signposting only.

Stalking

Digital Stalking www.digital-stalking.com

This site is run by Jennifer Perry who provides advice and information about cyberstalking. One of the most helpful and popular documents on this website is called 'Digital Stalking – A Guide to Technology Risks', which provides tips and information about staying safe online. You can access that document at the following link www.digital-stalking.com/victim-advice/digital-stalking-how-to-factsheets/digital-stalking-guidelines-factsheets.html

Facebook – cyber safety document https://fbcdn-dragon-a.akamaihd.net/hphotos-ak-prn1/851584_613437522011141_1298974833_n.pdf

Network for Surviving Stalking www.nss.org.uk

NSS is dedicated to supporting victims of stalking. Their website has a lot of useful advice and knowledge. NSS are keen to hear victim's stories and experiences with various agencies or companies so they can raise awareness and campaign for change.

Protection Against Stalking www.protectionagainststalking.org

Their goal is to work with professionals and organisations in partnership to improve the safety of stalking and harassment victims and for perpetrators of abuse to be held to account. Their website contains a lot of useful information and advice.

Surviving Stalking www.survivingstalking.com

Tracey Morgan was a victim of stalking and created this site, including her blog, for other victims and interested parties.

Action Scotland Against Stalking www.scotlandagainststalking.com

Action Scotland Against Stalking was founded by Ann Moulds after she experienced a harrowing stalking ordeal. Ann led the successful campaign for the introduction of stalking legislation in Scotland in 2010. This website provides helpful information for anyone who is being stalked.

Domestic Abuse

National Domestic Violence Helpline 0808 2000 247

A Freephone 24 Hour a day helpline, run in partnership between Women's Aid and Refuge. It is a national service for women experiencing domestic abuse, their family, friends, colleagues and others calling on their behalf.

National Centre for Domestic Violence (NCDV) www.ncdv.org.uk 0844 8044 999

NCDV provides a free, fast emergency service to survivors of domestic abuse, regardless of race, financial situation, gender or sexual orientation. They work closely with partner agencies and help people apply for an injunction quickly.

National Stalking helpline - www.stalkinghelpline.org

0808 802 0300

Refuge www.refuge.org.uk

Offer a range of services to support women and children experiencing domestic abuse.

Respect Phonenumber www.respectphonenumber.org.uk 0845 112

8609 info@respectphonenumber.org.uk

An information and advice line for anyone who is concerned about their violence or abuse towards a partner or ex-partner. Respect also provide advice to frontline workers. Helpline opening times are Monday to Friday 10am – 1pm and 2pm – 5pm.

Women's Aid www.womensaid.org.uk

Work to end violence against women and children, and support over 500 domestic and sexual violence services across the country.

LGBT

Broken Rainbow www.broken-rainbow.org.uk 0300 999 5428

Provide advice and support for lesbian, gay bisexual and transgender people experiencing domestic abuse.

Men

Men's Advice Line www.mensadvice.org.uk 0808 801 0327 info@mensadvice.org.uk

Men's Advice line is a national freephone helpline for male victims of domestic abuse and abuse. The Helpline welcomes calls from men in heterosexual or same sex relationships. They also provide advice to frontline workers. Helpline opening times are Monday to Friday 10am – 1pm and 2pm – 5pm.

Sexual Assault

Lifecentre www.lifecentre.uk.com

Lifecentre is a UK based charity that supports survivors of rape and sexual abuse. It offers a national helpline and counselling team based in Sussex, England.

Rape Crisis www.rapecrisis.org.uk 0808 802 9999

Provide a range of services for women and girls who have been raped or experienced any other form of sexual violence either as adults or children. The national helpline number listed above can also be used by male victims or friends and family of the victim.

Advice

Citizens Advice Bureau (CAB) www.citizensadvice.co.uk

A charity that helps people resolve their legal, money and other problems by providing free, independent and confidential advice, and by influencing policymakers. They can provide advice about proceedings in the civil courts.

Advice for Children and Young People

Childnet www.childnet.com/

A non-profit organisation working with others to help make the internet a great and safe place for children.

Think U Know www.thinkuknow.co.uk/

A website designed for children to help young people go on the internet in a safe way and know who to talk to if you are worried.

Virtually Safe www.torbayvirtuallysafe.co.uk/

Virtually S@fe is a project that offers practical online safety advice for local people in Torbay and aims to keep children safer in cyberspace.

Say Say Girls www.saysaygirls.com/safety

Say Say Girls have recently created a thorough guide on how to keep children safe online; it includes tips, useful links and free tools.

Emotional Support

Counselling Directory www.counselling-directory.org.uk

A free and confidential way to search for counsellors throughout the UK. The website also contains information and statistics about different types of emotional distress.

Samaritans www.samaritans.org 08457 90 90 90 jo@samaritans.org

Samaritans provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Supportline www.supportline.org.uk 01708 765200

Provides confidential emotional support to any individual on any issue. They take calls from children, young adults and adults.

Professionals

National Stalking Clinic www.beh-mht.nhs.uk/nsc

The National Stalking Clinic is a specialist service for the assessment and treatment of stalkers and their victims. It is run by the North London Forensic Service, part of the Barnet Enfield and Haringey Mental Health NHS Trust. It provides a mobile service across the UK to interested parties including the courts, Probation Service, Police, mental health trusts and Social Services.

Stalking Screening Tool (S-DASH Risk Checklist) www.dashriskchecklist.co.uk/

A questionnaire used by professionals to determine the risk of harm in situations involving stalking, harassment or domestic abuse.

Stalking and Harassment Guide for Parliamentarians www.stalkinghelpline.org/wp-content/uploads/Stalking-and-Harassment-Guide-for-Parliamentarians2.pdf

Contains advice and information as well as a list of helpful contact numbers.

Stalking Questionnaire www.stalkinghelpline.org/wp-content/uploads/Stalking-Questionnaire2.pdf

A list of 11 questions that MPs can go through with their constituents to help both parties gain an understanding of how seriously they should be taking the situation.

Other

Forced Marriage Unit www.fco.gov.uk/forcedmarriage 0207 008 0151

The FMU is a joint initiative between the Foreign and Commonwealth Office and Home Office. If you are worried that a friend or relative may be forced in to marriage then you can call them for advice and assistance.

Karma Nirvana www.karmanirvana.org.uk 0800 5999 247

Provide support to all the victims of honour-based violence and forced marriage. They also run a national helpline that provides support and guidance.

National Offender Management Service Victim Helpline

www.hmprisonservice.gov.uk/adviceandsupport/helpforvictims/ 0845 7585 112

If you are a victim of crime or are related to a victim and have received unwanted contact from a prisoner (by letter or telephone) or are worried about their release from prison, contact the National Offender Management Service Victim Helpline.

Shelter www.shelter.org.uk

Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. They give advice, information and advocacy to people in housing need.

St Mungo's www.mungos.org (by south does that include SW England? If yes, keep in)
St Mungo's are a charity that work with the homeless in London and the South of England. They run emergency homeless services such as street outreach teams and emergency hostels.

Suzy Lamplugh Trust www.suzylamplugh.org
Provide advice, information and training about personal safety, enabling people to avoid becoming victims of violence and aggression.

Victim Support www.victimsupport.org.uk 0845 30 30 900
Provide free and confidential help to victims of crime, their family, friends and anyone else affected. They give information, emotional support and practical help. You don't have to report a crime to the police to get their help and can get support at any time, whenever the crime happened.