



**PARAGON**  
TOGETHER EMPOWERING CHANGE

## Other Sources of Support

Depending on your situation, the following agencies and organisations may be able to provide additional support.

The National DV Helpline	<b>0808 2000 247</b>
The Survivors Trust	<b>0808 801 0818</b>
Rape Crisis Helpline	<b>0808 802 9999</b>
Respect Perpetrators	<b>0808 802 4040</b>
Respect Men's Advice	<b>0808 801 0327</b>
Galop LGBT Domestic Abuse	<b>0800 999 5428</b>

**IN AN EMERGENCY DIAL 999**

## How Can I Contact PARAGON?

Please contact us on:

Hampshire	<b>0800 916 9878</b>
Dorset	<b>0800 032 5204</b>
Isle of Wight	<b>0800 234 6266</b>
Somerset	<b>0800 694 9999</b>
Sussex	<b>01403 229 017</b>



*YOU: a family, creatively  
empowering people to thrive  
in their communities.*

**Registered Address:**

Delme 1, Delme Place Cams Hall Estate,  
Fareham, Hants PO16 8UX

[www.theyoutrust.org.uk](http://www.theyoutrust.org.uk)

The YOU Trust is registered in England no. 1898188  
and is a registered charity no. 291489



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Know the **FOUR** signs  
of stalking behaviour

- **Fixated**
- **Obsessive**
- **Unwanted**
- **Repeated**

following. **IT'S NOT A JOKE.** unwanted letters, no  
oke, watching from afar, showing up uninvited,  
excessive emails. **IT'S NOT ROMANTIC.** unwa  
gifts, unwanted telephone calls, excessive text  
messaging. **IT'S NOT OK.** taking belongings, not

**STOP STALKING**

It's a crime.

# Stalking

## What Is Stalking?

Stalking is one of the most frequently experienced forms of abuse, and is typically perpetrated by someone the victim knows. However, stalking can also be carried out by people who are unknown to the victim.

Stalking leaves a person unable to trust, feeling fearful and scared at all times, and worried about going out. It can lead to concerns about using devices to stay in touch with people and can lead to withdrawing from friends and family.

Characteristics of stalking include:

- A pattern of repeated and persistent unwanted behaviour
- It is intrusive and creates fear
- When a person becomes fixated/obsessed with another
- It is unwanted attention
- Threats may or may not be made
- Gifts/flowers may be sent/left
- You feel scared/confused
- You may or may not know the stalker
- Stalkers can be male or female

### Please contact us on:

**Hampshire:** [ParagonHants@theyoutrust.org.uk](mailto:ParagonHants@theyoutrust.org.uk)  
**Dorset:** [ParagonDorset@theyoutrust.org.uk](mailto:ParagonDorset@theyoutrust.org.uk)  
**Isle of Wight:** [ParagonIOW@theyoutrust.org.uk](mailto:ParagonIOW@theyoutrust.org.uk)  
**Somerset:** [ParagonSIDAS@theyoutrust.org.uk](mailto:ParagonSIDAS@theyoutrust.org.uk)  
**Sussex:** [ParagonSussex@theyoutrust.org.uk](mailto:ParagonSussex@theyoutrust.org.uk)

## What Will Happen Next?

If you believe that you are being stalked, it is vital for your safety to seek support. When you make the decision to reach out, you're taking control back from the person stalking you.

The process involves:

- Aged 18+ self-referral or agency referral via our Single Point of Contact team (numbers on back of leaflet)
- We will contact you within 24 working hours to arrange an initial assessment
- A member of our team will meet with you at a place that is comfortable, safe, and convenient for you
- Together, we will discuss your experiences and develop a support plan
- If we can't help, we will suggest alternative options for you

## What Will We Do?

Our team understands that whatever the specific nature of your circumstances, you are an individual deserving of respect. We will work with you in a trauma-informed way, recognising the ongoing impact that your past life experiences can have on your present wellbeing and decision-making.

From us, you can expect:

- We will listen to you
- We will provide emotional support
- We will develop and manage support plans
- We will develop and review risk assessments
- We may work with others to keep you safe
- We will advocate for and with you
- We will support you if you wish to report stalking to the police
- We can provide you with support for any court proceedings
- We will provide you with follow up support
- We will provide you with access to a 24/7 helpline

To find out what services are available to you, contact the number for your area.

