

STALKING: KNOW IT. NAME IT. STOP IT.

IF YOU THINK YOU ARE BEING STALKED:

- **Trust your instincts if you don't feel safe. Leave, seek help or call 911.**
- **Be aware of how much identifying information you are posting on the Internet through social networking sites and online purchases.**
- **Use a P.O. Box to receive all personal mail.**

**EMERGENCIES: CALL 911
OR VISIT YOUR LOCAL PRECINCT
FOR SUPPORT AND INFORMATION: (866) 689-HELP
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