I've been to that café you like and you. haven't been there two days and you told me that you go every day for a coffee WHERE ARE YOU

answer your phone 🙀



"You've destroyed me"

I'm bloody raging now I've been to your campus and you called security on me

How can you treat me like this

You'll get what you deserve I'll make sure – you've embarrassed me – no one gets away with that No one



You make me sick

You're a bitch

I'll find you

I'll find you and show you what I'm capable of

No one gets to treat me like this

I swear, I'll spend every waking minute Finding you I'm actually enjoying planning what I'm going to do to you

> I know where you are What you do Who you know

> > I'll FIND YOU

Who do you think you are? The police came round today You cant get away with making Accusations like this

You're a LIAR

A bitch and liar

I HATE YOU

I. HATE, YOU









YOU ARE NOT ALONE

Call the police Call the West Yorkshire Stalking Team

Call the the national stalking helpline

Call PDAP / Pennine domestic abuse partnership

Speak to your tutor

Stalking happens to 1 in 5 women And 1 in 10 men

Talk to your university tutor or manager at work to create a safety plan

The West Yorkshire Stalking Team can give you advice on keeping safe

If you need a safe place to stay PDAP can find you a refuge

Stalking is not acceptable

You have a right to be safe





From First Dates Stalking 9

I can't tell you how much I enjoyed our first date

You are gorgeous, funny and so clever... you are the complete package for me

You are my soul mate Could it be that you are the one?!!

I think I'm falling in love with you 🤎



I woke up this morning and my first thought was of you ... ê 8 I can't stop smiling

I can't wait to meet you again xxx

I've just called you- I know you are at work but I wanted to hear your voice

Send me a photo – I want to frame it to put it by my bed so yours is the face face I see every morning

Fancy a picnic this weekend? I can't wait to spend more time with you

What are your plans today- what are you doing with your beautiful self?

Hi darling I've not heard from you Are you ok? Did you get my messages yesterday?

I'm worrying- where are you? Xxx

Please answer my texts x

Please answer your phone x

I'm really getting worried now – I've been to your work and you're not there Please call me xxx

I've just been to the park where you run every day and you're not there either I'm getting worried- please call me xx

> I can't stop thinking about you Please call me back x

How can you have me frantic like this? Where are you? Just tell me that your safe x

What's going on? I saw you running into work when I was waiting for you outside and shouted you but you ignored me

Wtf I've just tried to get in your office and the jobsworth at the front desk wouldn't let me in to see you WOULDNT LET ME IN !!!!

Tell him he has let me in. I need to see you PLEASE!!!

I just wanted to talk

Why aren't you answering my text? You have responded to the last 20 I've sent

what have I done wrong???

I love you- please call me

Call me

Call me

Where are you?

Where is your car it's not at yours

Are you at uni? You're not on campus- I've been parked up all morning and you've not there

If you are experiencing abuse, harassment or stalking and want to get help contact.....



Pennine Domestic Abuse Partnership 24 hour free helpline **0800 052 7222**



West Yorkshire Independent Stalking Advocacy Service Call **03003 730978** or

> email WY_ISAC_Service@victimsupport.org.uk or contact the Charity's National 24/7 support line on 08 08 16 89 111



National Stalking Helpline

Call on **0808 802 0300** during opening hours (Weekdays 09.30-16.00 (till 20.00 on Wednesdays)

The Suzy Lamplugh Trust LIVE Runs the helpline, lots of info about Stalking on their website: SAFE https://www.suzylamplugh.org/pages/ category/national-stalking-helpline

