



SGS Wellbeing Service &
Students' Union

STALKING

wellbeingservice@sgscol.ac.uk

What is stalking?

You are being stalked when a person repeatedly watches, follows or harasses you, making you feel afraid or unsafe. A stalker can be someone you know, a past boyfriend or girlfriend or a stranger. Stalkers may:

- Show up at your home or place of work unannounced or uninvited
- Send you unwanted text messages, letters, emails and voicemails
- Leave unwanted items, gifts or flowers
- Constantly call you and hang up
- Use social networking sites and technology to track you
- Spread rumours about you via the internet or word of mouth
- Make unwanted phone calls to you
- Call your place of study or work or wait for you outside
- Damage your home, care or other property

How to get help

Speak to any member of staff or email your concerns to the colleges Safeguarding Team at wellbeingservice@sgscol.ac.uk

For more information, advice and guidance visit [Ecampus](#)

Other support

[Childline](#) [0800 1111](tel:08001111)

[NSPCC](#) [0808 800 5000](tel:08088005000)

[Paladin NSAS](#) [020 3866 4107](tel:02038664107)

Police [101](tel:101) or [999](tel:999) in an emergency

[Scared of Someone?](#)

[Suzy Lamplugh Trust](#) [0808 802 0300](tel:08088020300)