We are here to help you 24 hours a day

Stop Hate UK is a charity that provides **independent** and **confidential** support.

We can take the details of what has happened, and arrange ongoing support if you want it.

Or you can remain **anonymous**- we can listen, take a report
and give you information, even
if you do not tell us who you are.



If you want to talk in a language other than English, we will call you back with an interpreter. This will usually be within 72 hours, but could take up to 5 days.

For anonymous independent support, we are here



On the phone: **0800 138 1625**



With Text Relay, for deaf, and hearing or speech impaired callers: 18001 0800 138 1625



In a text: **07717 989 025**



In an email: talk@stophateuk.org



Chat on the web: www.stophateuk.org/talk



With a form: www.stophateuk.org/tell

www.stophateuk.org

For information in other languages or formats, please contact Stop Hate UK.

Hands up for not living in fear



Hate Crime: You are not alone



in partnership with



What is Hate Crime?

A Hate Crime or Incident is any behaviour that you or someone else thinks was caused by hostility, prejudice or hatred of:



disability

(including physical, hearing and visual impairments, mental health problems and learning disabilities)



gender identity

(people who are transgender, transsexual or transvestite)



race, skin colour, nationality, ethnicity or heritage



religion, faith or belief (including people without a religious belief)



sexual orientation

(people who are lesbian, gay, bisexual, or heterosexual)



What types of things can be a Hate Crime?

Hate Crimes include things like:



name calling and verbal abuse



bullying, threats, intimidation and harassment



spitting, hitting, kicking, physical attacks, violence and murder



damage to your property

(e.g. to your home or car.)
The damage could be permanent or temporary.
It could include **setting fire to things** (arson.)



graffiti and writing

(e.g. notes, emails, text messages, comments on websites)

www.stophateuk.org

What should I do if I experience a Hate Crime?

It is important that **all** Hate Crimes are reported.

Reports help us support victims and witnesses, and make sure action is taken against perpetrators.

Anyone can be the victim of a Hate Crime.

Hate Crimes are illegal.

If it is an emergency, call the Police on 999. Tell them you are reporting a Hate Crime.

Together, we can put a stop to Hate Crime.



in partnership with

