

What to do if you are being stalked

Stalkers can exhibit dangerous behaviors, escalating from indirect contact to direct approaches. Victims often find it challenging to respond appropriately, sometimes attempting to reason with or confront the stalker. It's important for victims to take proactive steps to ensure their safety and that of their loved ones.

Need help today?

If you feel you are in imminent danger or fear a threat of harm, please call 911 immediately!

To report a gender-based crime, incidence of stalking, or other harmful behaviors, please contact Title IX at HSC at TitleIX@unthsc.edu or HSC Police:

Non-Emergency Line: 817-735-2210

Emergency Line: 817-735-2600

General tips for victims

SPARC has created a [comprehensive guide](#) for navigating stalking safety strategies. For more information and resources, visit StalkingAwareness.org

- Trust your instincts; stalking is a serious threat and your safety is crucial.
- Call the police if you feel in immediate danger, explaining your fears.
- Keep a detailed log of all contacts with the stalker and document police reports.
- Save evidence of stalking, including emails, texts, and social media interactions, and consider tech safety tips.
- Connect with a local victim service provider for support and safety planning.