

## If you are a victim of...

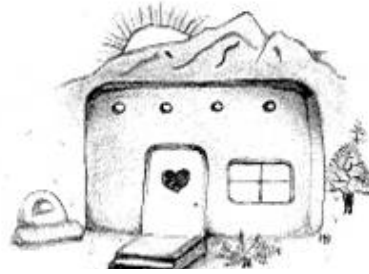
- ⇒ Domestic violence
- ⇒ Sexual assault
- ⇒ Stalking
- ⇒ Elder abuse
- ⇒ Hate crimes
- ⇒ Child sexual abuse



### *...Tu Casa Can Help!*

Our **free, confidential, bilingual** services include:

- 24-Hour Hotline 719-589-2465
- Support & individual counseling for you & your children, including play therapy
- Eye Movement Desensitization & Reprocessing (EMDR) Therapy to help you & your children heal from past trauma
- Emergency financial assistance, transportation, & supplies
- Emergency shelter & relocation services for you & your children
- Help filing a protection order & court accompaniment
- Referrals to other shelters, social services, medical services, & law enforcement
- Educational/Outreach presentations & materials available for schools, businesses, organizations, & individuals



## Tu Casa, Inc.

P.O. Box 473  
Alamosa, CO 81101  
ashley@slvtucasa.net  
[www.slvtucasa.net](http://www.slvtucasa.net)



<https://www.facebook.com/TuCasaInc>



[SLV\\_Tu\\_Casa](https://twitter.com/SLV_Tu_Casa)

### **24-Hour Hotline 719-589-2465**

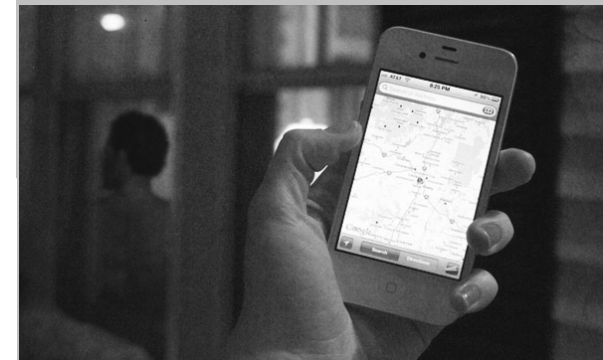
The Tu Casa Hotline is staffed 24 hours a day, 7 days a week to provide callers with advocacy & crisis intervention.

***You are not alone. Call us; we are here to help.***

Tu Casa is dedicated to non-discriminatory practices in provision of our services. Tu Casa does not discriminate against clients on the basis of age, race, sex, sexual orientation, gender expression, color, religion, national origin, disability, veteran status, or any other characteristic protected by state or federal law.

## Are You Being STALKED?

## Tu Casa, Inc.



### **24-Hour Hotline**

***All of our services are free, confidential, trauma-informed, & available in English & Spanish.***

## What is Stalking?

Stalking is a series of actions that make you feel afraid or in danger. Stalking is serious, often violent, & can escalate over time.

### Stalking is a crime.

A stalker can be someone you know well or not at all. Most have dated or been involved with the people they stalk. Men stalk women; women stalk men; men stalk men; & women stalk women.

*Women are stalked at a rate three times higher than men.*

#### Some things stalkers do:

- ⇒ Repeatedly call you, including hang-ups.
- ⇒ Follow you & show up wherever you are.
- ⇒ Send unwanted gifts, letters, texts, or e-mails.
- ⇒ Damage your home, car, or other property.
- ⇒ Monitor your phone calls or computer use.
- ⇒ Use technology, like hidden cameras or global positioning systems (GPS), to track where you go.
- ⇒ Drive by or hang out at your home, school, or work.
- ⇒ Threaten to hurt you, your family, friends, or pets.
- ⇒ Find out about you by using public records or online search services, hiring investigators, going through your garbage, or contacting friends, family, neighbors, or co-workers.
- ⇒ Other actions that control, track, or frighten you.

*6.6 million people are stalked each year in the United States.*

## Things You Can Do

Stalking is unpredictable & dangerous. No two stalking situations are alike. There are no guarantees that what works for one person will work for another, yet you can take steps to increase your safety.

- ⇒ If you are in **immediate danger**, call 911.
- ⇒ Trust your **instincts**. Do not downplay the danger. If you feel you are unsafe, you probably are unsafe.
- ⇒ Take **threats** seriously. Danger generally is higher when the stalker talks about suicide or murder, or when a victim tries to leave & end the relationship.
- ⇒ Contact **Tu Casa** through our **24-Hour Hotline 719-589-2465**. We can help you devise a safety plan, give you information about local laws, refer you to other services, & weigh options such as seeking a protection order.
- ⇒ Develop a **safety plan**, including things like changing your routine, arranging a place to stay, & having a friend or relative go places with you. Also, decide in advance what to do if the stalker shows up at your home, work, school, or somewhere else. Tell people how they can help you.
- ⇒ **Do not communicate** with the stalker or respond to attempts to contact you.
- ⇒ Keep **evidence** of the stalking. When the stalker follows you or contacts you, write down the time, date, & place. Keep e-mails, phone messages, letters, or notes. Photograph anything of yours the stalker damages & any injuries the stalker causes. Ask witnesses to write down what they saw.

(Continued...)

- ⇒ Contact the **police**. Colorado has stalking laws. The stalker may also have broken other laws by doing things like assaulting you or stealing or destroying your property.
- ⇒ Consider getting a **protection order** that orders the stalker to stay away from you.
- ⇒ Tell **family, friends, roommates, & co-workers** about the stalking & seek their support. Tell security staff at your job or school. Ask them to help watch out for your safety.

## If Someone You Know is Being Stalked...

**YOU CAN HELP.** Listen. Show support. Do not blame the victim for the crime. Remember that every situation is different, & allow the person being stalked to make choices about how to handle it. Find someone you can talk to about the situation. Take steps to ensure your own safety.

