

Self Help Resources – Useful sites & Information

Bullying / Harassment / Stalking

BullyingUK offers advice and support on dealing with bullying, including bullying at university, cyber bullying and homophobic bullying.

www.bullying.co.uk/

Network for Surviving Stalking offers advice and information to people affected by stalking.

www.scaredofsomeone.org/

The Suzy Lamplugh Trust aims to help people to avoid becoming victims of aggression and to offer support to relatives and friends of missing people. It runs the **National Stalking Helpline** to offer advice to anyone, or friends and relatives of a person, who feels harassed or intimidated by the behaviour of another person.

www.suzylamplugh.org/

Stop Hate UK provides independent, confidential and accessible reporting and support for victims, witnesses and third parties of all forms of hate crime and discrimination, based on any aspect of an individual's identity.

The website is available in many languages including Welsh.

www.stophateuk.org/

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