committed to the empowerment of women, the prevention of violence against them, and the promotion of gender equality. As a result, we offer a range of services, including counseling, legal advice, and advocacy, to support survivors of abuse and empower them to take control of their lives.

If you experience any form of abuse, please do not hesitate to contact us. We are here to listen and provide the necessary support. Your safety is our priority, and we will work with you to ensure your well-being.

Important Safety Measures:

1. **Avoid Alcoholic Beverages:** Alcohol can impair judgment and increase the risk of abusive situations.
2. **Keep Your Phone Ready:** Have your phone charged and nearby in case of emergencies.
3. **Plan ahead:** Create a safety plan that includes emergency contacts, escape routes, and safe places to stay.

If you are being stalked:

1. **Notify the Police:** Report any incidents of stalking to the local police department.
2. **Secure Your Home:** Change locks, install surveillance cameras, and consider hiring security services.
3. **Seek Support:** Reach out to support groups or organizations that specialize in stalking.

By taking these steps, you can significantly reduce the risk of further abuse and take control of your safety.

We encourage you to reach out to us for more detailed information and personalized assistance. Together, we can create a safer environment for everyone.
STOP A STALKER
You can help:

- Break into the victim’s residence.
- Vandalize the victim’s vehicle.
- Animal abuse.
- Publish the victim's personal information.
- Follow the victim obsessive.
- Call on the phone or write letters.
- Do not follow the victim.

If you are a victim of stalking, you can help.

- The Shelter for Abused Women
- Alert your friends.
- Alert your family.
- Alert your neighbors.
- Alert your co-workers.
- Report the incident to the police.
- Report the incident to the school.
- Report the incident to the workplace.

If you are a witness to a stalking incident, you can help.

- Call the police.
- Call the school.
- Call the workplace.
- Call the court.
- Call the hospital.
- Call the doctor.
- Call the lawyer.

If you are a bystander to a stalking incident, you can help.

- Call the police.
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