



Hate crime

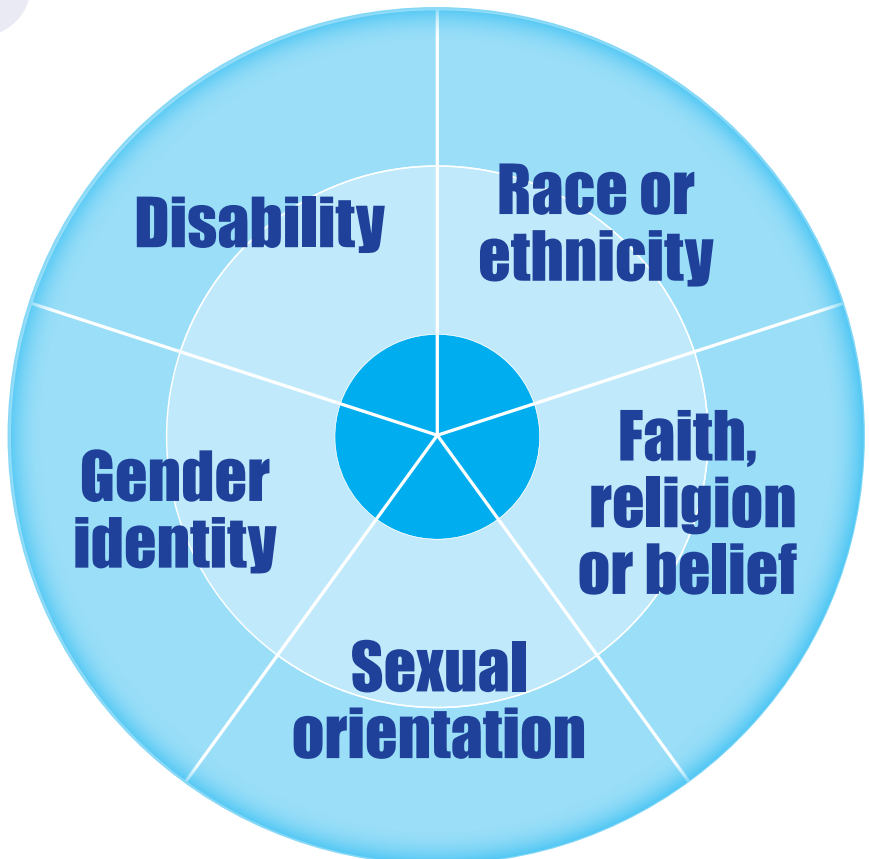
What is hate crime?



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A hate crime is an offence where the offender has chosen a victim specifically because of the type of person they think they are, or seen to be.

This could be because of:



Being a victim of this kind of crime can be a particularly frightening experience as you have been victimised because of who you are, or who/what your attacker thinks you are. Hate crime can take place anywhere and take many forms, such as **physical and verbal attacks, vandalism and graffiti, cyber bullying, abusive text messaging and hate mail, offensive signs or gestures, threatening behaviour.**

What is the impact of hate crime on victims?

The effects of hate crime can last for a long time, especially if you have suffered repeatedly.

Hate crime may affect an individual in every area of their life, work, school and home. People who experience such crime may feel guilty, humiliated and too embarrassed to complain. Stress may lead to emotional symptoms such as a loss of self-confidence and self-esteem. The physical symptoms include loss of sleep, headaches. Further more serious physical and mental health problems may develop, not only for the victim, but also for the family.

There is no right or wrong way to feel, we are all individuals.

Organisations that can help

Police: **101**

SupportLine: **01708 765 200**

This is a confidential national helpline offering emotional support to any individual on any issue.

Victim Support in Kensington
and Chelsea: **020 7244 4551**

Victim Supportline:
0845 30 30 900

What can Victim Support do to help?

Many people find it helps to talk to someone who understands. Victim Support can help immediately after an incident or at any stage.

Their specially-trained hate crime caseworkers can:

- Help you to cope with the emotional effects of being a victim of hate crime
- Support you and other members of your family if necessary
- Help you get in touch with other organisations and agencies that can help if there are problems they can't deal with
- Give you advice on safety and home security
- Organise practical help after a break-in at your home, such as repairs to broken locks.

As well as giving you information about the police and court procedures, their volunteers can go with you to the police station and to court.

**Remember for all police
emergencies call 999**