

# Stalking Victims News

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*Feel Safe Again, Inc... "Be Strong, Be Safe and Be Heard!"... Vol.1, Issue 1 - May 2004*

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Dear Friend,

We would like to welcome you to our first issue of "Stalking Victims News"!

This newsletter will be sent bi-monthly, with the most current and up-to-date information about stalking, and the effects it has on victims.

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*Do you have a stalking experience you would like to share?  
Please send it to us...for our upcoming "Survivor Stories" article.*  
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## **In This Issue...**

- FREEDOM AND PEACE
- Support Groups for Stalking Victims
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## ~~~~~ **FREEDOM AND PEACE** ~~~~~

Feel Safe Again, Inc. was officially established and publicly announced January 2004. We are a non-profit organization for Victims of Stalking.

Our goal is to provide information and support group services to victims and survivors of stalking. Our hope is that no other victim has to live their life in fear. We want to help you "Feel Safe Again" by teaching you how to be safe again. Together we CAN make a difference!

If you are interested in online support, you can join our support group at [VictimsofStalking@yahoogroups.com](mailto:VictimsofStalking@yahoogroups.com).

Copy and paste link below to our website...

[www.feelsafeagain.org](http://www.feelsafeagain.org)

## ~~~~~ **Support Groups for Stalking Victims** ~~~~~

From the Newsletter of the Stalking Resource Center, Volume 3, Number 3, Fall 2003...

Does your community provide services specifically for stalking victims? Few do. Although stalking is often associated with other crimes such as domestic violence and sexual assault, stalking victims have

unique experiences and needs. Stalking support groups fill a gap in services by providing emotional support, education, and a connection to community support systems specifically for stalking victims.

Copy and paste link below to continue article...

[http://www.ncvc.org/src/main.aspx?dbID=DB\\_Support\\_groups263](http://www.ncvc.org/src/main.aspx?dbID=DB_Support_groups263)

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**Effects of Stalking**  
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Being stalked is a life changing process. Stalking victims are in a state of constant fear 24 hours a day. The ongoing nature of stalking can cause traumatic psychological damage to the victim. Often stalking has a profound effect on the general wellbeing of victims. They undergo deterioration in social and occupational functioning. Many victims turn to cigarettes, drugs, alcohol or tranquillisers in order to try to cope with their anxiety.

Symptoms can include: feeling violated; angry; powerless; helpless; out of control; resentful; guilt; anxiety; panic (panic attacks); poor sleep, concentration, energy (fatigue) and appetite (with weight loss or gain); lack of motivation; loss of ability to enjoy ones self; loss of sense of humour. Some people have described becoming less socially adept, being suspicious, paranoid, and irritable. Some feel violent towards their stalker, and some suicidal, this being perceived as the only way out for the victim. Some develop features of depression or post traumatic stress disorder.

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**Inspirational Thoughts**  
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"If you become a victim...don't allow the traumatic experience to further victimize you; you can shape your attitude to give you the courage to get back up again." ~*Author Unknown*

"We truly believe knowledge is power...therefore, prevention is our goal."  
Remember... YOU'RE NOT ALONE! ~*Cheryl*

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