

If you are being stalked



**Information
for victims of
stalking**

On behalf of the Netherlands Police, investigative psychologists Bianca Voerman and Cleo Brandt compiled this brochure in cooperation with Movisie, the national knowledge institute for the social domain. Movisie promotes a society in which citizens are able to fend for themselves whenever possible. Experts collect and disseminate relevant knowhow and offer solutions for social issues.

This brochure provides detailed information on stalking, how victims can respond, what the police do, and what victims can expect from legal aid and other welfare services.



kennis en aanpak van
sociale vraagstukken

If you are being stalked



Many people are confronted with stalking. You could be one of them. Stalking means that there is someone who harasses you on a regular basis. It might be your ex-partner, but could also be one of your colleagues, a friend, a relative, or a vague acquaintance. He frequently calls you on the phone, sends an endless stream of text messages, e-mails or WhatsApp messages, first saying that he loves you, and then that he hates you. Or worse: he might start threatening you and claiming he will never leave you alone. Maybe the stalker wants to be in a relationship with you, or is jealous, angry, or frustrated. It

could even be that you do not have a clue who the person harassing you is and why he is stalking you.

The consequences of stalking vary from feeling annoyed, angry or spiteful to being frightened or ashamed. You aren't venture outside anymore, you constantly feel like you're being watched, and you get anxious whenever the phone rings. Perhaps you have taken precautions in order to protect yourself, your children, or your relatives. In short: you don't feel safe anymore. And above all, you want the stalker to stop stalking you. The police can help you.

You want the stalking to end. The police can help

** Stalkers can be men or women. In most cases the stalker is a man, and the victim is a woman. That is why, in this brochure, the stalker is referred to as "he" and the victim as "she". Male and female stalkers do not differ in the sense that they are both harassing their victims and can be equally dangerous.*

What is stalking?



Stalking is a criminal offence. In the Netherlands, the legal definition of stalking is: ‘unlawfully, repeatedly, intentionally intruding upon another person’s privacy with the aim of forcing that person to do something, to refrain from doing something, to tolerate something or to instill fear in that person’ (article 285b of the Dutch Penal Code).

Stalking is not an isolated incident, but a pattern of incidents. Whether or not the pattern constitutes a crime, is determined by the frequency, nature and seriousness of the incidents.

You can report stalking to the police if:

- the stalker’s behaviour is structural;
- he stalks on purpose;
- he does it to force you to respond or to restore contact, or to make you afraid and to hinder you.

Stalking is not a criminal offence if both parties harass each other. It is an offence if the stalker is the only one who crosses the line.

If possible, you should, at the earliest opportunity, make it

clear to the stalker that you do not appreciate his conduct and that he should stop. You can do this by sending the stalker a registered letter. The police can help you with this.

Stalking is an offence that is only subject to prosecution on complaint. This means that, when you report it to the police, you must expressly request prosecution of the offender. The police will subsequently investigate and the decision to prosecute the offender is taken by the public prosecutor.

The situation is different if you are also subjected to physical abuse or threats, in which case the police can also investigate on their own initiative, without you needing to file a formal complaint and request an

investigation, and the public prosecutor can decide on his/her own initiative to prosecute.

Who stalks?

The stalker may be an ex-partner who cannot accept that the relationship is over, or he may be a relative or a friend. Sometimes, it is a colleague, a vague acquaintance or somebody you have only met once. Stalkers have various motives. Some wish to start or restore a relationship, others are frustrated and feel rejected and abandoned, or think they have been treated unfairly. Their motives may also change over time.

The stalker is an ex-partner

Ex-partners sometimes react with bitterness and anger when a relationship ends, or keep bothering you with their



sorrow and dependence. Or they might do both. One day you receive messages in which the stalker professes his eternal love for you, to be followed by a torrent of abuse on the next day. Sometimes, the stalker has been violent or very jealous during the relationship. If you are in a new relationship, this can give rise to increasing jealousy and aggression in your ex-partner. The stalker is essentially trying to maintain the relationship at all costs. In his view, a negative relationship is still better than no relationship at all.

Apart from a former partner, a stalker can be a relative or a good friend, although this occurs less often. In these cases the stalker is also motivated by feelings of rejection and abandonment.

The stalker is an acquaintance or a stranger

Some stalkers make contact because their aim is to establish a friendly or sexual relationship. These stalkers behave in a blunt and intrusive manner or have mental health problems, causing them to have unrealistic ideas about

their 'relationship' with you. It is also possible that the stalker does not seek a relationship with you, but believes that he has been treated unfairly, and holds you responsible for it. The stalker wants revenge and attention for these perceived wrongs.

What do stalkers do?

The stalker can do all kinds of things, such as putting you in an unfavourable light with family, friends or colleagues; trying to contact you through acquaintances; following you in the street or arranging for 'chance' meetings. He might also visit you uninvited, loiter near your house or your work, use violence or threaten to use it, obtain information about you under false pretences, threaten your children or tell you that he will harm them, damage your property, order products on your account, deface your house of enter it when you are absent. The stalker may tell you that he will never leave you in peace, that he watches everything and everybody in your surroundings. The stalker may make frequent, unsolicited phone calls, send undesired mail,

text messages and e-mails. He may also stalk you via the Internet, for instance through WhatsApp and Facebook, and gain access to your account. The stalker also frequently involves persons close to you in his actions. Children, friends, family and colleagues are pestered or he spreads lies and rumours about you.

It often starts 'innocently'

Some stalkers initially stalk in a 'cautious' way and gradually escalate. For instance, if they think or notice that their actions have no effect, or exactly because they see that their actions do have an effect (because the victim becomes afraid, for instance). Other stalkers immediately start behaving in a very intimidating way, for example as soon as the relationship is terminated. In the early stages of the stalking episode, you may not be aware of the nature or the seriousness of the problem, and you might try to negotiate with the stalker. You may think that if you talk to him, he will leave you in peace. However, the stalker will see this as an encouragement to go on. Sometimes a person starts



stalking because he wants to save the relationship; in this case the stalker will be continually seeking contact with you in order to effect a reconciliation. After that, stalking itself may become the aim, and he will begrudge you a life without him. The stalker will try to obtain and keep power over you by any means available to him. The persistent stalker is characterized by extreme tenacity and coercive behaviour.

Stalking is comparable to an addiction. Although the initial reason for stalking may sometimes seem reasonable, stalking itself isn't. The need for contact has become a kind of addiction for the stalker. Each new contact and each response (even if it is negative) feeds the addiction. **That is why having no contact at all is the best remedy!** For the same reason, mediation is not effective in stalking cases and can even exacerbate the situation.

What about risks?

What is the stalker going to do? What can I expect from him? How long will this

continue? How far will he go? Many people worry about the risk of violence, but the continuation of the stalking is also an important risk: the constant uncertainty and intimidation can have major consequences for your physical and mental health and safety. The stalker's behaviour and personality give an indication of the risk you run. This risk also determines the steps you, together with the police, can take to stop the stalking. The following questions can provide you with some insight:

Does the stalker invest a large amount of time, money and/or energy?

A stalker who invests a lot of time, money and/or energy will usually be less inclined to stop stalking.

Has the stalking grown worse (more frequent/intense/frightening) recently?

Escalation of the stalking may be a cause for concern, as it may increase the risk you are running.

Is the stalker an ex-partner?

Out of all the stalkers, ex-partners are the ones that are most likely to use violence. So if the stalker is your former partner, you run a greater risk that he will use violence. This is even more likely if the stalker used violence or threatened to harm or kill you during your relationship.

Is there still contact (compulsory or otherwise) between you and your stalker?

Continued contact between you and your stalker (for instance, because you have children together and are required to draw up a parenting plan together) heightens the risk that the stalking will continue.

Sometimes somebody starts stalking because he wants to 'rescue' the relationship



Are there conflicts about shared children or joint property?

Conflict about the custody and/or the care of the children or about material (and financial) issues increases the risk of violence. The conflict may involve legal proceedings.

Has the stalker approached you physically or entered your house?

A stalker who seeks your physical nearness or who enters your house uninvited and unwanted, entails a higher risk of violence.

Has the stalker used violence before?

People are creatures of habit and often behave similarly in comparable situations. This also applies to violence. A stalker who has been violent before, constitutes a higher risk of violence.

Has the stalker destroyed your personal belongings?

If the stalker wilfully destroyed or damaged your personal belongings during the stalking episode, this will increase the risk of violence towards you too.

Is there evidence of last-resort thinking?

If the stalker has told you or someone else that he is desperate and sees no other solution but to use violence, this is worrying.

Has the stalker explicitly threatened violence, murder or suicide?

In exceptional cases, stalking can precede serious violence. That is why it is important to take threats of murder or ideas and fantasies about violence seriously. A stalker who threatens to commit suicide, does not only pose a threat to himself, but potentially also to other people. Incidentally, threatening to kill or harm oneself can also be done in order to manipulate other people or to force them to do something.

Does the stalker have an affinity with weapons?

If the stalker has a knife or another weapon, such as a gun, or has experience with it, this will increase the risk of violence.

Does the stalker have problems caused by substance abuse?

The use of alcohol or drugs may influence the stalker. Some stalkers mainly cause a nuisance when they are under influence, as this lowers their inhibitions.

Has the stalker experienced a major loss recently, resulting in a good deal of stress?

In the case of the ex-partner stalker, this does not refer to the break up (the cause of the stalking). When people experience a loss, they are thrown off balance. The risk may increase, for instance, if the stalker recently lost his job or if one of his loved ones recently died.

Are you very afraid?

Your feelings of insecurity and threat are often good indicators. Take them seriously. If you have had a relationship with your stalker, you may be able to accurately assess what he is capable of.



Contact with community police officer

If you are worried that you are at risk, please share your worries with other people and contact your community police officer or another police officer as soon as possible.

Stalking as a form of family violence

Stalking can fall under the heading of family violence (physical abuse by someone in the household or family). Family violence is often perpetrated by ex-partners who somehow gain access to their victims' homes. Stalking by ex-partners results in violence more often than stalking by non-intimates. In these cases, the threats, intimidation and /or physical violence take place in or around the home of their ex-partner, sometimes in the presence of their children. If this happens, immediately call the police (call 112). The police can act quickly to stop the violence and arrest the perpetrator.

Consequences for the victim

If you are harassed systematically, the stalker is committing a major breach of your privacy.

Even at times when the stalker is not active, your life may be dominated by feelings of anxiety and threat. The longer the stalking continues, the more it will influence your life and the stalker gets what he wants: your maximum involvement with him, either in reality or in thought. You may experience constant stress and suffer consequences such as anxiety, suspiciousness, extreme startle responses, disturbed concentration, sleep disturbance, poor appetite, fatigue, muscle aches, and headaches.

Consequences for children

Stalking may adversely affect the health and development of children, especially if the stalker is their father or mother (but not the parent responsible for their care). For instance, the stalking parent may have no access to his children, and consequently is desperate or angry, causing him to start his stalking. The stalker may also try to use the children to obtain information about you or discuss his frustrations with the children. It is important not to have contact with the stalker during the stalking episode. It is better if any

necessary contact about the children or joint property goes through other people. The risk that the stalker poses must also be considered when making decisions about access to the children. As a consequence of stalking, children may develop symptoms similar to those in adults. Changes in behaviour at school can be an important signal.

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What to do when you are being stalked?



Many people who are victims of stalking feel scared and powerless. There are things you can do, however. Here are some examples:

- Ask for a contact within the police, so you don't have to keep telling your story over and over.
- Do not respond to the stalker's attempts to get in touch with you. All contacts, however negative, will encourage him to continue. If you make use of a voicemail message, delete this, as your voice may encourage the stalker to call again and again.
- Collect evidence and keep it carefully (to pass on to the police for investigation). Give a copy of the evidence to someone you trust if you think the stalker might try to steal it from you.
- Inform people you trust. Show them a photo of the stalker, if you have one. If the stalker is unable to contact you, he might try and contact the people around you. Make sure relatives, friends, and neighbours do not pass on information about you to the stalker. Ask them to report any sightings of the stalker, or attempts of the stalker to contact them. Seek support and understanding from the people who are close to you.
- Find out what kind of information the stalker has about you. What do you share through the internet? What data is accessible to the stalker? Is it wise or necessary to change passwords and remove on-line information?
- How secure is your computer? How safe is your house, your work location? Sometimes, small measures have great effect. Prevent the stalker from having easy access to your environment.
- If the stalker follows you, try and travel together with as many people as possible and use different routes.
- Try and limit the nuisance caused by the stalker as much as possible. Does he bother you by phone or e-mail? Get a second phone number and e-mail address which you only share with the people you trust. You will still be able to collect evidence on your original phone and e-mail, but have the possibility to communicate with others undisturbed. It also allows you to choose when you want to face the stalker's attempts to contact you, rather than being at the stalker's mercy.
- Draw up a security plan with the community police officer or another official if you are afraid the stalker is going to use violence. The plan should include a suitcase or bag containing money, bank or credit card, health insurance documents, passport, keys, medication, clothes, and other items that are of importance in case you have to flee suddenly.
- Sometimes, contact with the stalker is inevitable and he suddenly appears in front of you. Think about how you would normally respond and what would be the best way to respond. Consider your options. Could you ask someone for help for



*Use Victim
Support
Netherlands to
get in touch with
other victims*

example? This will help you feel more in control and prepared should you suddenly encounter your stalker. Try and avoid discussion and escalation. Keep the conversation as short as possible, and do not go into details.

- Be aware of the risks the stalking entails and what you could do to help stop the stalker.

Practical and emotional support

Stalking can have a significant impact on your life. Maybe you feel like you need help to cope with the situation. Or maybe you are unable to put a stop to the stalking because you find it difficult to stick up for

yourself. Or you have been physically abused by your ex-partner and now feel doubly threatened and powerless. It is good to know that support is available from organisations specialised in providing support to victims and witnesses of family violence and stalking, and networks of specialised lawyers. In addition, Victim Support Netherlands offers you the opportunity to get in touch with other victims. See below for addresses and more information about these organisations.

If you know someone who is being stalked

Many victims of stalking feel they are alone. If you know someone who is frequently harassed by a stalker, tell them that the police can help or give them this brochure. As stalking so drastically infringes on a victim's personal life, they often feel isolated. Support them in their search for help from the police or support organisations, and for legal aid.

Report or official complaint



After you have notified the police or filed an official complaint, the information is recorded in the police system. The police then decide what the next step will be.

The police may want to interview you to make an inventory of the problems together or to devise a plan to end the stalking. Notifying the police of an offence is often enough to start an investigation, but this is not the case with stalking. In order for the authorities to investigate and potentially prosecute a stalker, an official complaint is required. This means that an official complaint is drawn up which contains your account of the events and your explicit request to investigate the case. You sign this official document.

In an emergency situation, if the stalker is threatening you, causing property damage, or trying to enter your home, you must call the emergency number 112 at once. The police will arrive as soon as possible in order to put a stop to the

situation. If the stalker is committing an offence when the police arrive they can immediately arrest him and take him into custody. Be aware that the police may in some cases have limited possibilities to arrest a stalker and to start a criminal investigation, as there is not always sufficient evidence.

Sometimes, the police cannot immediately arrest the stalker. This may leave you feeling like the police are failing to help you and simply sending the stalker away. Despite this, it is important to keep calling the police, because they will be able to record all these incidents in a police file. The police collect information so that eventually they will be able to act and use these accumulated facts for the purpose of criminal prosecution.

Next: the step-by-step plan



Because stalking is persistent, the police are usually not able to stop it with a single action. You can draw up an action plan together with the police to stop the stalker.

In everything the police do, your safety is paramount. This also means that the police keep you informed of what is going to happen, and that you keep the police informed of new developments or changes in your situation. Depending on the severity of the stalking and the risk for your safety, the police will make a complete step-by-step plan (phase 1-2-3) with you, or advise you to file a complaint straight away (phase 3).

The step-by-step plan comprises:

Phase 1:

Contact with the police, maintaining a log, permission for a stop conversation with the stalker, referral to support services.

Phase 2:

Stop conversation with the stalker, offering the stalker help (voluntary).

Phase 3:

Making an official complaint, criminal investigation, mandatory treatment of the stalker.

Phase 1

Good cooperation and clear agreements are indispensable for the stalking to stop. What needs to be done to solve the problem?

- Keep a log of what the stalker is doing, recording the date, time, location and duration of the activities and how you are being stalked (for instance, being followed, WhatsApp, via telephone calls). Also

note if there were any witnesses (neighbours, friends, colleagues). If possible, make photos and record telephone conversations. Keep e-mail, text and social media messages and write down the name of the police officer handling your case.

- Discuss the plan of action with the police. This plan may vary from a stop conversation with the stalker, to making an official complaint and beginning criminal proceedings against the stalker.
- Keep the police informed about changes or new developments, for example changes in the kind or intensity of stalking behaviours.
- Avoid all contact with the stalker if possible. If this isn't entirely possible, for example because you have to arrange access to shared children, discuss with the police how you can go about this.
- You consent to the police having a so-called stop



More than half of stalkers stop stalking after the police have a stop conversation with them

conversation with the stalker. This will only take place if it is expected to stop the stalking.

Phase 2

Victims of stalking often think that a conversation with the police will have no effect on the stalker, or that it will only make things worse. However, if the stalking has started fairly recently (the stalker has not yet invested a great deal of time and effort) and if the stalking behaviours haven't escalated to threats and/or violence a stop conversation can be a useful intervention. The stalker is officially notified that his behaviour is unwanted and that it will constitute an

offence if he continues. You can provide police with a copy of the letter you have sent to the stalker, telling him to stop. This way the stalker is given a chance to stop before criminal charges are brought against him. More than half of stalkers decide to stop after such a conversation. If the stalker continues despite the stop conversation, his risk of prosecution increases if charges are brought against him. Although participation is voluntary for the stalker, the police do insist upon it.

Phase 3

If, after the stop conversation, the stalker decides to continue stalking, you can make an official complaint and the police can launch an investigation. It is also possible that, based on the information you provided and the police's risk assessment, the police advise against a stop conversation and you immediately make an official complaint. This complaint will form the basis for the police investigation. The results of the investigation will subsequently be submitted to the public prosecutor, who can decide if the stalker should

be arrested, or possibly kept in preventative custody, and has to appear before a judge. In addition to imposing a penalty, the court can also impose a no contact order.

You are entitled to know the status of the investigation; the police will keep you informed if you wish. You also have the right to claim compensation in court. You can notify the police or the public prosecutor if you want to do this; you will need to fill out a 'criminal injuries compensation form'. If you are having trouble determining the amount of compensation, a lawyer or Victim Support Netherlands can help you. As soon as the stalker is released, the police and the judicial authorities will help to guarantee your security as much as possible. The police can, for instance, flag your address and/or name in the police systems. This enables them to respond quickly if you need to report (further) violations of the no contact order.

Alarm system: AWARE

If the harassment is continuous and severe, it is possible for



you to carry a personal alarm system called AWARE. It is an alarm button that you can press if you are in danger or if you are confronted with the stalker, which sends your gps location to the police. Most AWARE systems also allow you to talk to the police when you activate it. Many councils offer this possibility to victims of stalking or serious threats. You can inquire about this device with the police or the Veilig Thuis organisation in your council (Veilig Thuis has a free telephone number: 0800-2000).

Alternatives for criminal proceedings

Domestic restraining order

If you are in immediate danger due to family violence, a domestic restraining order can be imposed on the offender after the police have received a notification from you and assessed the situation. A domestic restraining order is an administrative measure imposed by the mayor which prohibits the offender from living in your shared house and contacting you for a duration of ten days, with a possible

extension of 18 days, therefore being valid for at most 28 days in total. If the stalker is a minor or does not live permanently with you, he cannot be given a domestic restraining order.

Out-of-court settlement (restorative justice)

In less serious cases of stalking, the public prosecutor can decide to write up an agreement between you and the stalker. Such an agreement can, for instance, stipulate that the stalker must stop his behaviour and seek help from a mental health professional. Some stalkers will comply with this, because they know that otherwise they will have to appear in court. This procedure is called 'out-of-court settlement'. It is an alternative to a criminal trial and sometimes puts enough pressure on the offender to make him stop. If the stalker fails to comply with the agreement, the public prosecutor can still decide to bring the matter before the court.

Victims' right to be heard

If the case is going to be heard

in a criminal court, you, as the victim, have the right to be heard. You are entitled to speak or write about the impact and effects that the stalking has had on your life. This right to be heard and the possibility to submit a written statement gives victims of serious crimes (including family violence and some cases of stalking) the possibility to express their view. Whether or not you use this right is up to you. Victims usually opt for submitting a written statement. Victim Support Netherlands or your lawyer can assist you and read out a letter in court on your behalf, if you so choose.

Civil-law options

So far, we have described the possibilities existing under criminal law that you, together with the police, can use to take steps against the stalker. In addition, there are also some options under civil law. You can submit your case to a civil court by means of preliminary relief proceedings. You can, for instance, request that the court impose a no contact order or request compensati-



on. If you wish to start such proceedings, you will need to engage a lawyer, whose services you have to initially pay for yourself. Later, you might be able to recover (part of) the costs from the stalker. If you have a low income, you are eligible for reimbursement of the costs. For information about how to find a lawyer, possible reimbursements or an explanation of your options under civil law, please visit www.hetjuridischloket.nl. Experience has shown that a criminal no contact order is more effective than a similar order under civil law. This is

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partly caused by the fact that civil proceedings require a good deal of effort on your part. For instance, you will have to provide evidence, through your lawyer, that the stalker has violated the order, or even get in touch with the stalker to collect penalties. Contact with the stalker is, as you know, not recommended, so this can put you in an awkward and stressful position. Incidentally, the criminal-law proceedings (through the police) and the civil-law proceedings (through a lawyer) can run simultaneously and the information about the stalking can be used in both cases. Talk to your lawyer if you are considering your options; he or she can help you decide which procedure is best for you.

Help for the stalker

Often, the stalker has all manner of issues. Apart from wanting to make him stop stalking you, the police also want to stop the stalker from spiralling further downwards. If the stalker is not provided with adequate support, he will be much more likely to repeat

his behaviour in the future, which is why it is important that help is offered as soon as possible in phase 2. At first, the help offered is on a voluntary basis. Should the case result in a criminal investigation (phase 3), the option of compulsory treatment will also be considered. In many police regions there are agreements in place with counselling services.

Where to obtain information?



Information about the criminal aspects of stalking, a preliminary interview, notifying the police or pressing charges:

Police

Please contact the police: call 0900-8844 or visit www.politie.nl to find a police station in your neighbourhood. In case of immediate danger, call 112.

Veilig Thuis ('Safe at home')

For information and advice or to file a report and request help, please call (free) 0800-2000 or visit www.veiligthuis.nl.

Legal information, advice and specialized lawyers:

Het Juridisch Loket

('Legal Services Counter')

Provides all information about legal proceedings, legal assistance and legal aid. The counters are located in major cities in the Netherlands.

Please visit

www.hetjuridischloket.nl.

Telephone: 0900-8020 (EUR 0.25 per minute).

Raad voor rechtsbijstand ('Legal Aid Board')

Information about civil proceedings, legal aid, specialized lawyers, information brochures and contact information is available on www.rvr.org.

LANGZS

This is a network of specialized lawyers that support victims of violent crime and sex crimes in all legal proceedings (criminal law, civil law, complaints authorities, committees for reporting centres for sexual abuse, etc.)

Website: www.langzs.nl and e-mail: info@langzs.nl.

Clara Wichmann Association for Women and Law

At www.vrouwenrecht.nl, you can find legal aid providers who are specialized family law, and sexual and other violence against women.

For practical and emotional support:

Zijweg Foundation

The Zijweg Foundation supports women and their children that are, or have been, confronted with family violence, and it promotes their interests.

www.stichtingzijweg.nl

MIND Korrelatie

MIND Korrelatie offers advice and support. Call 0900-1450 (EUR 0.15 per minute) or visit <https://mindkorrelatie.nl>.

Sensoor

(SOS Emergency Helpline)

Advice and referral by telephone via number 0900-0767 (EUR 0.05 per minute) or visit:

www.sensoor.nl.



For practical and emotional support after a notification or report to the police:

Slachtofferhulp Nederland ('Victim Support Netherlands') Call 0900-0101 or call via the police. You will be put through to the office in your region. The site www.slachtofferhulp.nl/gebeurtenissen/stalking/ contains extensive information about stalking and what Victim Support can do for you. Victim Support offers you chiefly practical support in dealing with stalking, but can also refer you to agencies that can help you come to terms with the physical and mental effects.

Further information:

www.veiligthuis.nl
Website for victims, perpetrators, and witnesses of family violence. Includes a list of Veilig Thuis addresses near you.

www.huiselijkgeweld.nl

The Movisie and Tekstbureau Alfa website, on behalf of the Ministry of Public Health, Welfare and Sports, contains a wealth of information and resources on family violence and regional addresses where support is available. See also under Stalking: <https://www.huiselijkgeweld.nl/dossiers/stalking>.

<https://www.huiselijkgeweld.nl/dossiers/huisverbod>

This file on www.huiselijkgeweld.nl contains information about the procedures regarding the temporary domestic restraining order and how councils, police, and victim support institutions cooperate.

<https://safetyned.org/>

SafetyNed, a cooperative of four women support organisations, is the online expert with regard to domestic violence and provides knowledge and tools for secure online activities.

Eerste hulp bij stalking:

Practical tips for victims, care providers, and police (book in Dutch). Bianca Voerman and Cleo Brandt, De Tijdstroom, ISBN 9789058982957.

