



# You've Got Mail

Everywoman's Center  
Cyberstalking Awareness  
Campaign



## Resources



**Everywoman's Center**  
UMass, Amherst

Hotline: (413) 545-0800 (TTY/VOICE)  
Office: (413) 545-0883 (TTY/VOICE)

**Llámanos (support in Spanish)**  
(800) 223-5001/(800) 688-4889 TTY.

**Safe Passage Hotline/Linea de Crisis**  
(413) 586-5066 (voice/TTY) or (888) 345-5282 (toll free, voice/TTY).

If you need to seek shelter from someone who is stalking you, or your stalker is a current or former intimate partner

**Stalking Resource Center**

1-800-FYI-CALL  
TTY: 1-800-211-7996  
Monday-Friday  
8:30 a.m. – 8:30 p.m.

[www.ncvc.org](http://www.ncvc.org)  
[gethelp@ncvc.org](mailto:gethelp@ncvc.org)



**National Organization for Victim Assistance**  
(NOVA)

(800) 879-6682 or (202) 232-6682

A free, 24-hour hotline that provides information and referral for victims to resources in their own states.

### Cyberstalking Resources

**WHOA(Working To Halt Online Abuse)**

<http://www.haltabuse.org/index.shtml>

**CyberLawEnforcement.org**  
[www.cyberlawenforcement.org](http://www.cyberlawenforcement.org)

**CyberAngels**  
Victim Assistance:  
CyberCrime Unit

E-mail: [cybercrime@cyberangels.org](mailto:cybercrime@cyberangels.org)  
[www.cyberangels.org](http://www.cyberangels.org)



## Protect Yourself Online

- Avoid getting into huge arguments online in chat or discussion areas with other users.
- Remember that all other internet users are strangers. You do not know who you are chatting with.
- Be extremely careful about how you share personal information about yourself online.
- Do not share personal information in public spaces anywhere online
- Do not use your real name or nickname as your screen name or user ID. Pick a name that is gender- and age-neutral. And do not post personal information as part of any user profiles.
- Be extremely cautious about meeting online acquaintances in person. If you choose to meet, do so in a public place and take along a friend.
- Make sure that your ISP and Internet Relay Chat (IRC) network have an acceptable use policy that prohibits cyberstalking.
- If a situation online becomes hostile, log off or surf elsewhere. If a situation places you in fear, contact a local law enforcement agency.

<http://www.safetyped.org/help/stalking/cyberstalking.htm>



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