



# Information about hate crime

## What is hate crime?



Hate crime is a crime that happens to you because of something like



- your disability



Church

- your religion or the things you believe in



Mosque



- where you or your family come from



- your sexuality.

This is whether you fancy men, or women or both.

Hate crime is when someone does things like



- call you nasty names and say horrible things to you



- damage your house or your things

For example, they may break a window or steal your things.



- hit, punch or kick you



- send you nasty text messages or letters or make nasty phone calls to you.

## How can I stop hate crime happening to me?



Hate crime is against the law. You must tell someone if hate crime is happening to you.



You can tell

- the police



- a group called **Stop Hate UK**.  
Call them on **0800 138 1625**.



- an **advocate**

An **advocate** is someone who will help you to speak up.



- a family member



- a friend



- your social worker, key worker or carer



- a tutor at college, or a teacher at school.

## Tips on what to do when hate crime is happening to you



Try to stay calm.



Try to walk away if you can.



Try not to hit, swear, shout or fight the person. You might get into trouble or get hurt.



Every time something happens write down

- who did it
- where it happened
- what day it happened
- what time it happened
- what they did.



Keep any nasty letters, emails or text messages.



Tell someone so you can get help to stop it.

## What if I am still upset and scared when the hate crime has stopped?



You can speak to your doctor and tell them how you feel. They might be able to find you a **counsellor**.

A **counsellor** is someone you can talk to about the way you feel.



## If you would like to speak to someone about hate crime

You can speak to the Mencap Direct advice and information service.



Call **0808 808 1111**



Text 0771 798 9029



Text relay 18001 0808 808 1111



Email **[help@mencap.org.uk](mailto:help@mencap.org.uk)**



Write to  
**Mencap Direct advice and information**  
**3rd Floor Delta View**  
**2309-3211 Coventry Road**  
**Birmingham**  
**B26 3PG**