

STOP THE HATE

Hate crime support booklet HC3

Working in partnership to tackle hate crime

report-it.org.uk

essex.police.uk/hatecrime



**ESSEX
POLICE**

Protecting and serving Essex

CrimeStoppers.

0800 555 111

100% anonymous. Always.



What is hate crime?

Hate crime is when someone commits a crime, or picks on a person, just because of who they are. Someone may be bullied because of their:



Disability

This could be because of your physical disability, learning difficulty, are Deaf or Blind, or have a mental health condition.



Race

This could be because of where you come from, your skin colour or the language you speak.



Religion

This could be because of your faith, religion, belief or if you have no belief.

What is hate crime?



Sex or Gender

This could be because you are a boy or a girl.



Sexual Orientation

This could be because of who you are going out with or who you are in love with.



Transgender

This could be because of your gender identity.

What might hate crime look like?

Hate crime can involve different people and how they treat you or speak to you. It could be a stranger, or someone you know.



They may call you horrible names, bully you or be rude to you.



They may take or damage your property or things.



They may hit, kick, spit or throw things at you. They may threaten to harm you, your family, or friends.



They may touch parts of your body when you don't want them to.

What to do about hate crime?



Go somewhere safe as soon as you can.

Tell someone you trust what has happened and ask them to help you.

You could tell:



A family member, trusted friend. A social worker, support worker or key worker.



A teacher, a tutor, a doctor or nurse, or someone you work with.



A person from your community or faith group. Or an advocate, who is someone who makes sure people listen to you.

What to do about hate crime?

Hate crime can often start with something small, an incident. This can become bigger and more serious. Report it before this happens.



A person you trust can help you write down what has happened.



They can help to take photos, or record you saying what has happened.

Report to the Police:

In an emergency, call **999**. Otherwise, call **101**.

You can go to a Police station

You can report online:

Essex Police
www.essex.police.uk



True Vision
www.report-it.org.uk



What happens if you tell the police?

If you tell the police about hate crime, they can do something about it.



A police officer may need to speak to you. You can ask a person you trust to support you.



The police will ask you questions about what has happened.



The police will advise and support you with the next steps.

You have the right to keep safe and feel safe!

The following organisations may be able to offer differing levels of help, advice, guidance, and support. *

Some of these organisations offer third party reporting facilities.

*Please note that Essex Police cannot be held responsible for the content of third-party websites or the quality of response from these organisations.

HATE INCIDENT REPORTING CENTRES

Hate Incident Reporting Centre's

Community venues to get support and report hate crime.

www.essex.police.uk/repothatecrime

GENERAL: ADVICE, SUPPORT AND REPORTING

Essex Connects

Directory of local activities, local charities, volunteer groups and community sector services.

www.essexconnects.org.uk

Essex Restorative & Mediation Service

Finding a way forward for those affected by a crime or conflict.

01245 291621

www.restorativeessex.co.uk

National Stalking Helpline

Advice on stalking and personal safety.

0808 802 0300

www.stalkinghelpline.org

Samaritans

Confidential emotional support service.

116 123

www.samaritans.org

True Vision

Online hate crime reporting and advice.

www.report-it.org.uk

GENERAL: ADVICE, SUPPORT AND REPORTING

Victims Commissioner

Advice and guidance for victims and witnesses of crime.

www.victimscommissioner.org.uk/victims/help-for-victims

Victim Support

Practical and emotional support to people affected by crime and traumatic events.

0808 178 1694 (Essex) 0808 168 9111 (24/7)

www.victimsupport.org.uk

RACE OR ETHNICITY: ADVICE, SUPPORT AND REPORTING

Essex Integration

Help for refugees, asylum seekers and migrant workers.

01206 861180

www.dnanetworks.org/essex-integration

Friends Families and Travellers

Advice and support to Gypsy, Roma and Traveller communities.

01273 234 777

www.gypsy-traveller.org

Integration Support Services

Empowering migrants, refugees, asylum seekers and ethnically diverse communities in Essex.

01279 639442

www.iss.org.uk

TRANSGENDER: ADVICE, SUPPORT AND REPORTING

Mermaids

Supporting trans, non-binary and gender-diverse children, young people, and their families.

0808 801 0400

www.mermaidsuk.org.uk

Transpire

Support and advice for Transgender, LGBTQ+ communities and allies.

www.transpiresouthend.org

DISABILITY: ADVICE, SUPPORT AND REPORTING

Autism Anglia

Support for people with autism, their families and carers.

01206 577 678

www.autism-anglia.org.uk

ABLEize

Essex based clubs and groups offering support.

www.ableize.com/disabled-groups-and-clubs-county/essex

Mencap

Advice and support for people with a learning disability, their families and carers.

0808 808 1111

www.mencap.org.uk

Mind

Advice and support for anyone with a mental health problem.

0300 123 3393

www.mind.org.uk

Royal Association for Deaf people

Information, advice and guidance.

0300 688 2525

Text Phone 0300 688 2527

www.royaldeaf.org.uk

Royal National Institute of Blind people

Information, advice and guidance.

0303 123 9999

www.rnib.org.uk

SNAP

Special needs directory of disabled services for under 25's.

01277 211300

www.snapcharity.org/directory

SEXUAL ORIENTATION: ADVICE, SUPPORT AND REPORTING

Galop

Information, advice, support and hate crime helpline for the LGBTQ+ community.

020 7704 2040

www.galop.org.uk/hate-crime

Stonewall

Information, advice and support for the LGBTQ+ community.

www.stonewall.org.uk

The Outhouse

Information and support for the LGBTQ+ community.

01206 871 394

www.theouthouse.org.uk

RELIGION OR FAITH: ADVICE, SUPPORT AND REPORTING

Community Security Trust

Dedicated victim support team which deals with antisemitism.

0800 032 3263

www.cst.org.uk/report-incident

Muslim Community Helpline

Confidential, non-judgemental listening and emotional support.

0208 904 8193 0208 908 6715

www.muslimcommunityhelpline.org.uk

Tell MAMA (Measuring Anti-Muslim Attacks)

A reporting resource and support for victims.

0800 456 1226

www.tellmamauk.org

You can report to Essex Police in the following ways:



In an emergency call 999.
Otherwise call 101.



British Sign Language (BSL) users please use the 999BSL app.



Deaf or hard of hearing, use the textphone service 18000.



If you've pre-registered with the emergency SMS service, text 999.



Report online
www.essex.police.uk
You can also use Live Chat.



Report online using the QR code.

Interpreter services are available if English is not your first language.

Alternatively you can:



Report a hate crime or incident online at True Vision
www.report-it.org.uk



Hate
Incident
Reporting
Centre

Report at a Hate Incident Reporting Centre
www.essex.police.uk/reporthatocrime



Scan QR to
report online

