

# You're not alone

**Hate crime** affects  
3 out of 4 people with  
**mental health problems**

Hands up  
for not  
living  
in fear

Don't suffer **harassment**  
**or intimidation** alone.

We can help.

STOP HATE CRIME  
**0800 138 1625**  
24 HOUR HELPLINE

STOP HATE UK

[www.stophateuk.org](http://www.stophateuk.org)  
Reg Charity: 1062692.

Disability Gender Identity Race Religion Sexual Orientation