



AREA RESOURCE GUIDE

(Services listed are provided free of charge, or have income-based scheduling)

Homicide Support/Advocacy

Compassionate Families
354-0007, 721-3326

Life Is Valuable
908-0989

Parents of Murdered Children
262-0866, 713-9683

Abuse (Domestic)

24 Hour Hotline
1-800-500-1119

Hubbard House
Emergency Shelter
& Counseling
354-3114

Quigley House (Clay County)
1-800-339-5017

Compensation (victim)

Victim Services
630-6300

MADD Victim Services
743-0790

Consumer Fraud

State Attorney's Office
630-4994

City of Jacksonville

Consumer Affairs Division
630-3467

Detoxification

Gateway Community Services
387-4661

Legal Assistance

Legal Aid
356-8371

Mothers Against Drunk Driving

(MADD)
743-4040

Rape

Sexual Assault
Response Center
244-RAPE (244-7273)
Office
244-4600

RAPE Recovery Team

722-3000

State Attorney's Office

630-2400

Trauma Counseling

Victim Services
722-3000

Youth Crisis

Youth Crisis Center
The Safe Place
766-3040

Advertise Your Business
to over 35,000
per month in the
"Victims' Advocate".



Answers from Janie

Janie Simpson, L.C.S.W.

"I know you really love me."

According to the National Institute of Justice, there are 1.4 million stalking victims in America each year. The majority of stalkers have been in a relationship with the victim or were an acquaintance of their victim.

In the book *I Know You Really Love Me, A Psychiatrist's Account of Stalking and Excessive Love* by Doreen R. Orion, there are case histories and research findings that classify stalkers into three broad categories, with overlapping characteristics between the types.

The intimate partner stalker is the person who cannot let go of the relationship.

They are usually abusive and controlling in the relationship.

Delusional stalkers have had little or no personal contact with their victim. They have a mental illness and the delusional belief that the victim loves him/her.

The last category is vengeful stalkers. These get angry with their victims when they feel they have been slighted.

Stalking victims need to take security precautions. They are crime victims but the crime

is very difficult to prove and to prosecute. It is important for the victims to be aggressive in protecting themselves.

Some of the following suggested safety precautions can be found in the book *I Know You Really Love Me*.

- Tell the stalker NO only once and do not react again. Getting any response encourages the stalker.

- Get a dog. It is the least expensive yet most effective alarm system.

- Block your address at the Department of Motor Vehicles and at the voter registration office.

- Never give out a home address or telephone number. Use a post office box. Put this address on your checks.

- Document everything such as phone calls, messages, drive-bys, etc.

- Take a self-defense class. Clay County Sheriff's Office offers an excellent 8-hour class.

- Have a co-worker screen all calls and visitors.

- Destroy discarded mail.

- Get a cell phone and keep

it with you at all times.

- Never be afraid to sound your car horn to attract attention.

Stalkers do not want to take responsibility for their actions. They want their victims to feel that they have brought this on themselves. Crime victims often feel guilty, embarrassed and ashamed. The stalker will use this shame as a weapon to engage the victim. Any response encourages the stalker.

Stalking victims need to understand the limitations of a restraining order. It is just a piece of paper. It is a tool the police can use to show the perpetrator's intent. The more invested the stalker is in the relationship, the more likely he/she is to violate the restraining order. The victim needs to know what to do if the stalker ignores it. It is helpful if the victim understands how the order will be enforced.

Stalking victims need to take the assertive lead by taking stalking seriously, setting up security precautions, and learning where to go for support and help.

On the side of Victims

www.justicecoalition.org

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Richard L. Oreair & Company

777 Ashford Street

Jacksonville, FL 32208

(904) 764-2524

*It's no crime to be hard on crime.
If we worked together to stop crime
there'd be no victims.*

**"Never doubt
that a small
group of
thoughtful
committed
citizens can
change the
world. Indeed,
it's the only
thing that
ever has."**

Margaret
Meade