

Lakeview Center



BAPTIST HEALTH CARE

FOR IMMEDIATE RELEASE

January is National Stalking Awareness Month

Pensacola, Fla. (Jan, 1, 2020) – The Centers for Disease Control and Prevention (CDC) reports that 1 in 6 women and 1 in 17 men have experienced stalking. While it may seem like an unpleasant topic, it's important that our community know how to identify stalking behaviors.

Common Stalking Behaviors:

- Repeated calling or texting
- Following you
- Sending unwanted gifts
- Damaging your property
- Using technology to track you
- Driving by or hanging around your home, school or work place

The Bureau of Justice Statistics (BJS) reports that stalking victimization is highest among persons who are divorced or separated. In addition, 1 in 4 stalking victims experience cyberstalking.

Precautionary safety tips:

- Change all your passwords, security questions, locks and pin numbers.
- Check in with a friend often.
- Tell the security department at your school, work or apartment complex.
- Let your employer know in case the person shows up at your place of employment.
- Keep a record of stalking incidences listing out the time, date and place.
- If you have to communicate with a stalker due to parenting issues, consider using written forms of contact to leave a paper trail.

Lakeview Center Victim Services can help with a safety plan, stalking log, information about laws, options for protection and links to other helpful resources. Call 850.433.7273.

CONTACT BELOW IS FOR MEDIA USE ONLY

For more information about this press release or to schedule an interview, please contact Tish Pennewill at 850.469.3621 or Tish.Pennewill@bhcpns.org.

About Lakeview Center, Inc. Behavioral Health

The Mission of Lakeview Behavioral Health is to help people throughout life's journey. We specialize in providing effective, research-based services for children and adults with mental illnesses, drug and alcohol dependencies, and intellectual disabilities. Our services range from inpatient and residential treatment to outpatient counseling, psychiatry, case management, day treatment, and round-the-clock support for those with serious mental illnesses. Additionally, Lakeview Behavioral Health provides specialized trauma services, medication-assisted treatment for opiate dependency, and medically supervised drug and alcohol detoxification. In all, Lakeview Behavioral Health offers more than 60 programs and services for people in the northwest Florida area. To learn more, go online to eLakeviewCenter.org.

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