

Lakeview Center



BAPTIST HEALTH CARE

FOR IMMEDIATE RELEASE

January is National Stalking Awareness Month

Pensacola, Fla. (January 4, 2021) – January is a time to come together as a community to keep each other safe. During National Stalking Awareness Month, learn as much as you can about this public health problem that affects millions of women and men in the United States. The Centers for Disease Control and Prevention (CDC) reports 1 in 6 women and 1 in 17 men have experienced stalking. Learn how to identify a stalker by knowing these 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

Technology has made communication better, but it also has opened up more opportunities for threats and harassment. One in 4 stalking victims experience cyberstalking. Most victims are stalked by someone they know.

Follow these precautionary safety tips:

- Change passwords, security questions, locks and pin numbers.
- Frequently check in with a friend or loved one.
- 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.

If you feel like you're in danger, immediately go somewhere safe and call 911. If someone you know is being stalked, be supportive and share helpful resources. Lakeview Center Victim Services can help with a safety plan, stalking log, legal information, 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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