**Elin case study – stranger stalked**

Elin\* was stalked by a stranger for five years both online and in person. She shared her story with us.

“Five years of abuse across every social media platform I have; he found out everything. He found my home address and found out about my children.

“He found my Instagram, my Facebook, my dating profile. I got rid of the dating apps, but he would find any means that he could to contact me online.

“And he followed me. He used to follow me around shops.

“I wouldn't know that he was there, and then when I got home, he would message me conversations I’d had in the shops.

“He followed me when I was with my child. My child and I were out having a meal and he came into the restaurant where we were and watched us.

“And then he messaged me a couple of days later, offended that I was physically afraid.

“I just thought he was just not a very nice person. It took me quite a while to realise that it was stalking. But I knew it was more than just harassment.

“That is, until I hear the words, you know, you're being stalked. It all fell into place.

“I reached out to the Suzy Lamplugh Trust, who are a charity.

“And it wasn't until they told me, really, that I was being stalked that I realised what was going on. It made me feel sick. I knew that it wasn't right. I knew that it was more than harassment.”