

Legal Tips (stalking and harassment)

If you think someone is stalking you, trust your instincts. A local domestic violence program can help you come up with a safety plan. Many of them are listed on the Montana Coalition Against Domestic & Sexual Violence website: www.mcadsv.com/victim-service-programs-by-region/.

It's important not to throw away devices or close online accounts that an abuser is using to stalk you right away. Some people might escalate their dangerous and controlling behavior if they feel like they've lost access to the victim. Documenting these incidents can show the court or police a pattern of behavior that fits a legal definition of stalking or harassment. Your local domestic violence program can help you plan how to document and report stalking in a way that keeps you safe. Consider using a different device than your own, such as a friend's phone or a library or work computer.

Learn more about technology safety planning through the Safety Net Project from the National Network to End Domestic Violence:

www.techsafety.org/resources-survivors/technology-safety-plan

You can also find more resources on safety planning in Montana on our page [Plans to Stay Safe](#):

[Plans to Stay Safe | Montana Lawhelp](#)

If you are in danger, call 911. Contact your local domestic violence program for free and confidential resources. To learn about your legal options, you may qualify for free legal help or advice from MLSA. To apply, contact us at 1-800-666-6899 or apply online at

[Apply for Legal Services | Montana Lawhelp](#)