

Have you experienced hate?

Reach Out

If you are injured, fear for your safety, or the safety of others, seek emergency services. If you feel comfortable doing so, call 911.

Document

Preserve and photograph any physical evidence, for example take photos of graffiti and do not remove it. Document the experience, do not delete texts, emails, or social media posts—including your own.

Report

If you experience hate on your **college campus**, consider filing a report with the University Police Department, or contact your Title IX Coordinator. For confidential counseling and support services, reach out to your campus counseling center.

Get support

Contact specialized community organizations in your area. To find organizations near you, visit www.communitiesagainsthate.org or www.8449NOHATE.org. For legal information and social resources call 1-844-9-NO- HATE (1-844- 966-4283).

Emotional distress is a normal reaction to an abnormal situation that hate incidents create. If you need crisis support you may contact the Crisis Text Line by sending the text "HOME" to 741741. For more information about the Crisis Text Line, visit their website at <http://www.crisistextline.org/>

