



Hate crime can be confusing and frightening.



You may not want to report it to the police but if you do, it can help stop hate crime happening to others.



Many people find it hard to report hate crime.



Sometimes they feel afraid to talk about it.



Or they are worried they won't be taken seriously.



If you have experienced a disability hate incident or crime you can report it to the police.



You can also report an incident or crime even if it wasn't directed at you.



For example it could be a friend, neighbour or family member.



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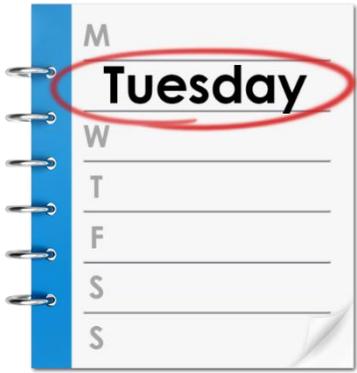
Or you can report it online through the True Vision website.



It is important to remember as many details as possible.



You could ask someone to help you write it down.



Useful things to remember are what happened what day it happened what time and where.



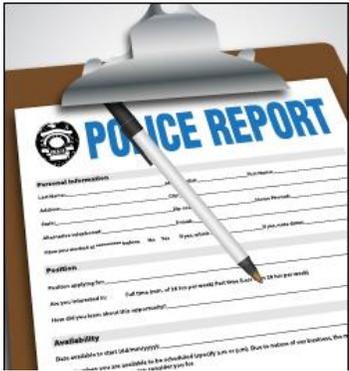
It can also help if somebody else saw what happened. If there is damage to property you could take a photo.



If you decide to tell the police you can visit your local police station or phone 101.



Remember if it is an emergency call 999.



When you report it to the police tell them it is a hate crime. Ask for a crime reference number.



You can also report it at a third party reporting centre such as Inclusion Barnet or Barnet Mencap.



You can find all the reporting centres in Barnet and their contact details below.



Remember, it can feel scary to talk about what has happened you can get help.



Telling the police can also mean that you can stop hate crime from happening again.



It can also help the police to understand how much hate crime is happening.

**STOP THE
HATE**

Reporting makes a difference!