

What To Do When You Experience Hate

DO NOT BLAME YOURSELF. YOU DO NOT, AND DID NOT, DESERVE TO BE TREATED THIS WAY

Make sure you are safe

If possible, go to a **public place** or a **trusted organization**. If you are in immediate danger you can **call 911**.



Ask for help

Reach out to bystanders, they can help interrupt the situation. **Ask for medical help** if needed.



Your choice is valid

Make decisions that work for you. Bystanders **should ask your consent** to assist you and follow your lead.



Document or record

Write down as many details as you can remember. A bystander might be able to help.



Report

You can **report the incident** to a trusted organization. If a criminal offence was involved, you can report to the police if you wish.



Take care of yourself

Talk to friends or family, **create art** or **engage** in spiritual practice. Rest, exercise, follow your needs.



Connect

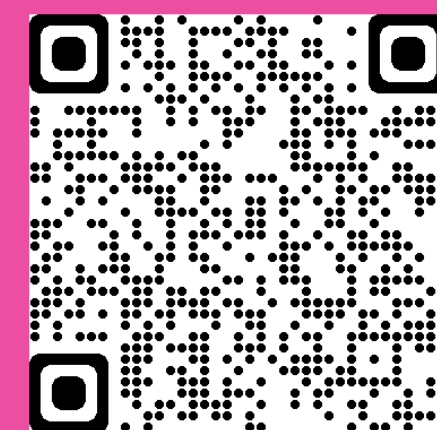
Reach out to organizations for legal, counselling, or community support. Your community can be a **valuable resource** for healing.



Find more information

To find crisis lines, how to report, local resources, legal definitions and more, go to the **Community Response Protocol Against Racism and Hate**.

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