

**‘The support I received from USAH was brilliant. They provided us with very compassionate one-to-one support. They shared with us some very useful information which helped with reassurance on the support available to us.’**

## **Training and Community Engagement**

At USAH we provide free training and awareness sessions on hate crime to professionals, education settings and communities in Stoke on Trent and Staffordshire.

Our training covers:

- Definitions of hate crime and hate incidents
- Impacts of hate crime on victims
- Barriers to reporting hate crimes
- Support available for victims and how to access this

For more information about our training and awareness sessions please visit our website or contact us on:



help@usah.org.uk  
0330 0881 339

**‘My support worker was very supportive and built my confidence up. They were always there if I needed to speak to them and were always ready to listen.’**



# **Hate Crime Hurts**

**If you’ve been targeted,  
help is available.**



## **Hate. Let’s put a stop to it.**

## About Us

At Uniting Staffordshire Against Hate (USAH), we provide free, independent and confidential information, advice, guidance and support to children, young people and adults affected by hate-motivated crimes or incidents in Stoke on Trent and Staffordshire.

If you believe that you have been targeted because of your disability, race, religion, sexual orientation or transgender identity, we're here to help you cope, recover and move forward. You don't need to have reported the incident to the police to access our services.

Our specialist support workers can support with:

- The emotional impacts of the incident
- Exploring your feelings about the incident
- Managing your wellbeing following the incident
- The practical impacts of the incident on your daily life
- Helping you report the incident to the police if you wish to do so
- Liaising with the police and other agencies on your behalf
- Supporting you to access your rights under the Victim's Code.

At USAH, our goal is to help you heal and recover. No matter what you're facing, you don't have to go through it alone.

**Contact us today to learn more about how we can support you. Together, we can stand against hate.**

**Email: [help@usah.org.uk](mailto:help@usah.org.uk)**

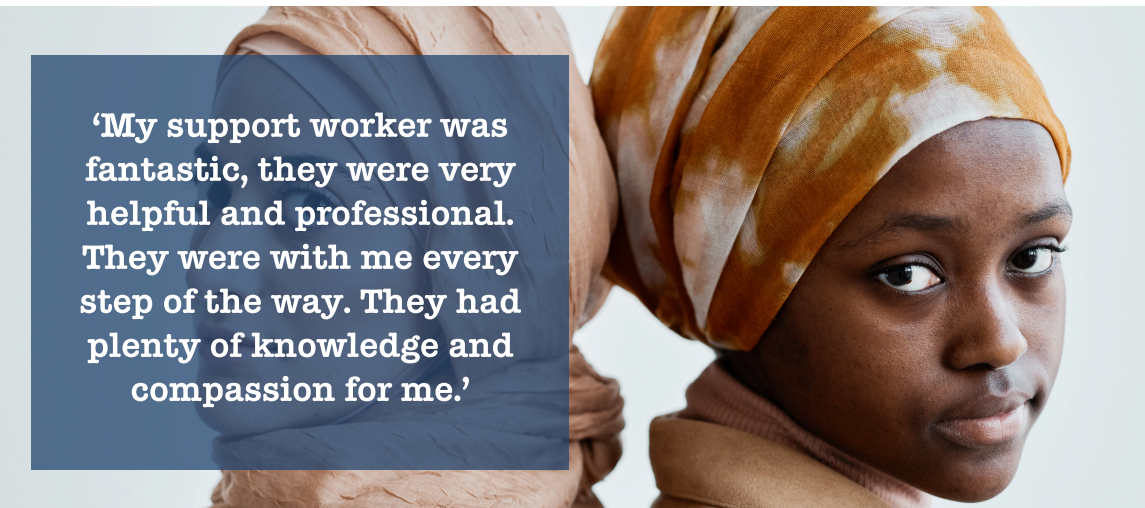
**Phone: 0330 0881 339**

**Website: <https://usah.org.uk/>**

## What is a Hate Crime?

A Hate Crime is defined as any criminal offence which is perceived by the victim or any other person, to be motivated by hostility or prejudice based on, or perceived to be based on a person's:

- Race
- Religion
- Disability
- Sexual Orientation
- Transgender Identity



**'My support worker was fantastic, they were very helpful and professional. They were with me every step of the way. They had plenty of knowledge and compassion for me.'**

## What is a Hate Incident?

A Hate Incident is any incident which the victim, or anyone else, thinks is based on someone's prejudice towards them because of their race, religion, disability, sexual orientation or transgender identity.

Not all Hate Incidents will amount to criminal offences, but it is equally important that these are reported and recorded.

If you aren't sure whether what you have experienced is a hate crime or a hate incident, we can still support you.