



SEE IT, HEAR IT, REPORT IT!

TM

"These experiences have been overwhelming and made me feel helpless. They happened in daylight, what if these turn into physical attacks?"

People should never be abused or targeted because of who they are. If you have suffered anti-Muslim hate or prejudice, report it into Tell MAMA.

Experiencing Anti-Muslim Hate? Report it

0800 456 1226

Text: 0115 707 00 07

Email: info@tellmamauk.org

Twitter: [@tellmamauk](https://twitter.com/tellmamauk)

In an emergency always call 999

STANDING AGAINST ANTI-MUSLIM HATE

For more info visit: www.tellmamauk.org

 **TellMAMA**
MEASURING ANTI-MUSLIM ATTACKS