# HAVE YOU EXPERIENCED ANTI-MUSLIM HATRED?

#### HARASSMENT OR ABUSE ONLINE?





# TARGETED ON PUBLIC TRANSPORT?

# THREATENED OR PHYSICALLY ATTACKED?





# DAMAGE CAUSED TO YOUR PROPERTY?

### DISCRIMINATION AT WORK, SCHOOL OR UNIVERSITY?





# RECEIVED HATE MAIL BY POST OR EMAIL?

If you have experienced any of the above, we are here to support you. Speak to us FREE and IN CONFIDENCE on:

# 0800 456 1226

💬 0115 707 00 07 🕓 0734 184 6086

🔽 info@tellmamauk.org

🕑 @TellMamaUK 📧 Tellmamauk

In an emergency always dial 999

