



WINNIPEG POLICE SERVICE **VICTIM SERVICES**

The Victim Service Section was established to assist individuals who have been impacted by crime.

Canadian Victims Bill of Rights

As a victim of crime you have the right, on request, to:

- Obtain information about your case.
- Obtain information about services available to victims.
- Describe the impact the crime had on you.
- Ask the court to consider making a restitution order once the accused person has been found guilty.

Manitoba Justice Victim Services

Toll-free: 1-866-4Victim (1-866-484-2846)

www.gov.mb.ca/justice/victims/

UTTER THREATS & CRIMINAL HARASSMENT



For Further Information Contact:

Winnipeg Police Service
Victim Service Section
P.O. BOX 1680 • Winnipeg • R3C 2Z7
Fax: 957-2450 • Phone: 986-6350
www.winnipeg.ca/police



204-986-6350
www.winnipeg.ca/police

UTTER THREATS

Knowingly conveying a threat to cause death or serious bodily harm to any person; threatening to burn, destroy or damage another person's property; threatening to kill, poison or injure an animal belonging to another person.

CRIMINAL HARASSMENT

Criminal Harassment, also referred to as Stalking, is a crime. It occurs when someone *repeatedly* follows, communicates, harasses a person or watches over any place they may be. This can also include engaging in a threatening manner towards a person.

Threats or Harassment can be conveyed via:

- Face to face confrontations
- Over the telephone
- In writing (letters/notes)
- Electronically (texts, emails, or on social media platforms)
- Through a third party

It is important to have a safety plan and to document all contact for police. Things you can do are:

- Screen-shot social media posts
- Save all emails, texts and notes
- Document dates and times of suspicious activity, telephone calls, vehicles, etc.
- Initiate the Trace Activation Feature- dial *57 after the last incoming call

Emotional Reactions

After having been the victim of Utter Threats or Criminal Harassment, you may experience a variety of reactions including:

- Fear
- Helplessness
- Vulnerability
- Intimidation
- Lack of Control
- Inability to concentrate
- Sleeplessness/
Nervousness
- Irritability &
Apprehension

Coping Strategies

- Maintain good physical health through rest, a well-balanced diet and exercise.
- Consider ways that you might improve your personal and home security.
- One of the most helpful things to do is to talk it out.
- If necessary, seek professional intervention.

Members and Trained Volunteers are available if you want to talk to someone who can assist you with the following:

- Offering emotional support
- Explaining police procedures
- Information about your case
- Explaining the court process
- Referral to appropriate agencies
- Crime Prevention Information