



CONTENT

	INTRODUCTION	1
1	DO NOT ALLOW YOURSELF TO BE HURT	3
2	HATE ATTACKS	5
3	AT THE POLICE STATION	6
4	AT THE COURT	9
5	MY HEALTH AND MENTAL WELL-BEING	11
6	COMPENSATION OF DAMAGE	13
7	SAFETY	15
8	CRIMINAL PROCEEDINGS AND FOREIGNER RESIDENCY ISSUES	17
9	WHO WILL HELP ME?	20
10	SPECIFIC CONTACTS YOU CAN TURN TO	23

