

Looking after your wellbeing when experiencing ASB or hate related incidents

Experiencing anti-social behaviour can be upsetting and stressful. It's important to know that you are not alone and there is support available to help you feel safe and supported in your home.

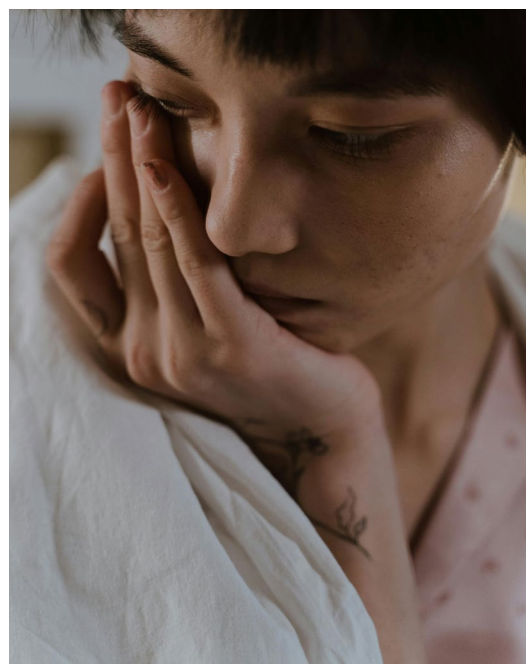
How ASB can affect you

ASB can impact people in different ways.

You may feel:

- anxious, stressed, or overwhelmed
- difficulty sleeping or relaxing at home
- fearful or unsafe in your property
- angry or frustrated.

These feelings are a normal response to difficult situations.



What you can do

- Report incidents as soon as possible
- Keep a record of what is happening (dates, times, details)
- Speak to your Housing Patch Manager about the impact on you
- Reach out to friends, family, or support services.



Self-help techniques

There are small steps you can take to help manage stress and feel more in control:

- **Breathing exercises** – slow, deep breathing can help reduce anxiety
- **Grounding techniques** – focus on what you can see, hear, and feel to bring yourself back to the present moment
- **Routine** – try to maintain regular daily activities where possible
- **Limit exposure** – avoid engaging directly with those causing the behaviour
- **Safe space** – create a calm area in your home where you feel more relaxed
- **Talk about it** – sharing how you feel can help reduce stress.



Support available

We can support you by:

- listening to your concerns and working with you to tackle ASB
- agreeing a Support and Action Plan with you
- referring you to specialist support services such as Victim Care
- working with partner agencies (for example, police, support services).

If you are involved in an ASB case, you can:

- ask questions if you don't understand something
- let us know if you need support or adjustments
- work with us to find solutions moving forward.



Staying in contact

If you have an ASB case open your Housing Patch Manager will:

- keep you updated
- agree how and when to stay in touch
- review support regularly.

Remember...

- What you're experiencing matters
- Support is available
- We will work with you to improve the situation.

Information and support

There is a range of online resources that can provide advice, practical tools, and emotional support if you are experiencing anti-social behaviour or hate related incidents.

These websites offer guidance on coping strategies, reporting ASB, and accessing additional support:

Nottinghamshire Victim Care

Local, free and confidential support service for victims of crime and ASB in Nottinghamshire.

- Provides emotional support and practical advice
- Can help you cope with the impact of ASB
- Offers tailored support based on your needs.

www.nottsvictimcare.org.uk

ASB Help (Victims Hub)

Practical advice, tools, and guidance on dealing with ASB, including evidence gathering and your rights. Includes step-by-step help on reporting ASB and coping strategies. Offers information on legal options and support services.

www.asbhelp.co.uk/victims-hub

Victim Support

Free, confidential support for anyone affected by ASB or crime. This includes an option to sign up for My Support Space to access a range of tools to help you cope and move forwards after crime or ASB.

www.victimsupport.org.uk/crime-info/types-crime/antisocial-behaviour/

www.mysupportspace.org.uk

www.ncchousing.org.uk/asb

ASB FS4



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