"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
In an emergency always call 999

STANDING AGAINST ANTI-MUSLIM HATE
For more info visit: www.tellmamauk.org