Hate crime is any crime committed against someone through prejudice or hatred. This could be due to:

Disability	Including physical, hearing and visual impairments, mental ill health or learning disabilities
Race	Nationality, ethnicity, skin colour or heritage
Faith	Includes religion and belief; this also includes non-religious belief
Sexual orientation	People of diverse sexual orientations, including but not limited to gay, lesbian, bisexual, heterosexual and other identities
Gender identity	People who have trans or non-binary gender expression

Anyone can be a victim of hate. Hate crime or incidents can take place anywhere - at home, in the street, online, at work or school. It can include:

- Physical assault
- Damage to property
- Offensive graffiti
- Inciting hatred online



If you are a victim or a witness of hate crime, reporting it when it occurs will help us to deal with it and may prevent these incidents from reoccurring.

How do I report a hate crime or a non-crime state hate incident?

- ▶ Report non-emergency hate incidents online at met.police.uk or dial 101
- ► Only call 999 in an emergency where there is a danger to life or a crime is in progress
- ▶ If you have a hearing or speech impairment, use our textphone service 18001 101 or text us on 999 if you've pre-registered with the emergency SMS service, www.emergencysms.net

Hate crime doesn't have to be targeted at you for you to report it and you don't have to speak to the police.

- Visit **report-it.org.uk** to submit a report, which can be anonymous
- The Community Alliance to Combat Hate (CATCH)
 - CATCH brings together organisations working together to combat hate crime. CATCH will make contact with you quickly to establish your needs and, where applicable, will refer you so that you can receive the right support.
 - CATCH is a pan-London service for those aged 18 and over. Making a referral to CATCH is simple and takes minutes. If you'd like to make a referral, please visit: www.catch-hatecrime.org.uk