Before you go out socially or for work, think about how you are going to get home. Avoid travelling alone and set aside some money in advance. Can you travel home with a friend? What time does the last bus or train leave?

For reassurance, carry a personal safety alarm. For more information about personal safety visit our website or [www.suzylamplugh.org](http://www.suzylamplugh.org)

Be extra careful when using cashpoints. Make sure nobody is hovering nearby and don't count your money in the street.

Pay attention to your surroundings. If you’re chatting on your mobile phone or listening to music on headphones you won’t hear someone approaching you.

Trust your instincts. If you think you are being followed, as confidently as you can, cross the road, turning to see who is behind you and head for a busy area where you can tell people what’s happening. [If necessary, call 999.](http://www.essex.police.uk/letstalk)

**Essex is a safe county and the chances of you, a friend or a member of your family becoming a victim of violent crime are low. However there are a number of steps you can take to keep yourself safe. For more info, visit: essex.police.uk/letstalk**