

FIVE STEPS TO COPE WITH CYBERCRIME

Experiencing cybercrime can be as emotionally and mentally draining as any other crime. As a survivor of cybercrime, it is important that you take care of yourself throughout the process of reporting and recovery.

1



TAKE CONTROL.

Report the cybercrime to the [FBI/IC3](#). By reporting, you take back control of the situation from the cybercriminal and you help prevent this from happening to others.

2



TAKE CARE OF YOURSELF.

Being the victim of a cybercrime is like being the victim of any crime. Give yourself a break and practice self-care.

3



SEEK SUPPORT.

Talk to a trusted friend, family member, or a professional counselor.

[Find a counselor near you](#)

4



DO NOT BLAME YOURSELF.

Remember, you are not responsible for what happened. Blaming yourself will only bring you more stress and anger. If you are struggling with this, seek help from a professional counselor.

5



CONTACT A VICTIM'S ASSISTANCE GROUP.

Groups like [NCVC](#), [NITVAN](#), and [NOVA](#) are available to assist victims through the recovery process.

ADDITIONAL RESOURCES:

[U.S. Resource Map of Crime Victim Services & Information](#)

[Find your State Attorneys General](#)

[Identity Theft Resource Center](#)

[National Crime Victim Bar Association](#)

If you need help finding more reporting and recovery resources, visit us at [FightCybercrime.org](#).