

# Psychological Harassment at Work

*Are you experiencing psychological harassment?*

The first thing you should know is that you have the right to a workplace free from psychological harassment.

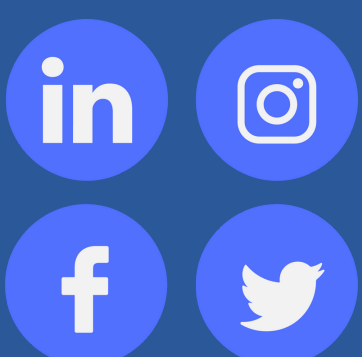
Psychological harassment at work can take many forms and every situation is unique. If you're unsure whether you are experiencing harassment, here are four questions that you can ask yourself:

- Is the behavior bothersome? (also known as “vexatious”)
- Is the behavior repeated? (or a single serious incident)
- Is the behavior hostile or unwanted?
- Has it affected your dignity or physical or psychological well-being?
- Has it created a harmful work environment?

If you answer “yes” to all these questions, then chances are that you have experienced psychological harassment at work.



If you believe you are or have been a victim of psychological harassment at work, inform your employer and your union



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