BLOCKING
Possible on most social media sites and most email and messaging platforms.

+ Abusers are no longer able to harass you directly from the blocked account.
- Blocking abusers can make them angry. They may create new accounts to harass you from.

MUTING
Known as silencing or snoozing depending on the platform.

+ You no longer have to see/read harassment. Abusers do not know they have been muted.
- Abuse could be still happening but you can not monitor it.

TIP: Ask a trusted ally to keep an eye on your account and your mentions.