

STEPS TO ASK YOURSELF BEFORE CALLING THE POLICE

start here

Yes, I can
deal.

Is this merely an
inconvenience to me?
Can I put up with this
and be OK?

No, I need to
respond.

Yes, I can
talk it out.

Can I handle this on my
own? Is this something I
could try to talk out
with the person?

No, I need
backup.

Yes, I can call
someone I
know to help.

Is there a friend,
neighbor, or someone
whom I can call to
help me?

No, I need a
professional.

YES.

Can we use mediation to
talk through it or can I
call and emergency
response hotline?

NO.

PROFESSIONAL RESOURCES

Mediation

Northern Virginia Mediation Service
703-865-7272

Food & Shelter

Coordinated Services Planning (24/7)
703-222-0880 or 211

Mental Health

Mobile Crisis Unit
(8 a.m. - 12 midnight)
703-573-5679

Substance Use

Fairfax Detox Center (24/7)
703-502-7000

Runaway & Homeless Youth

Second Story Hotline (24/7)
1-800-SAY-TEEN or
text "TEENHELP" to 855-11

Victim Support

VA Victim Assistance Network Helpline
1-888-887-3418

Domestic & Sexual Violence

Artemis House (24/7)
703-435-4940

My community
and I handled
the situation!

If I call the police, do I understand how
involving the police could impact me
and the other person?

for more information bit.ly/fairfaxcountysafetybeyondpolice

ALTERNATIVES TO CALLING THE POLICE

fairfax county, virginia

PROFESSIONAL RESOURCES

MEDIATION

Northern Virginia Mediation Service

703-865-7272 | M-F 9:00 AM-5:00 PM

Facilitates people coming together to listen and be heard, to identify issues and work on them together, and to find common ground. Services are voluntary and available to the community on a sliding scale. Both parties must be willing to engage.

SUBSTANCE USE

Fairfax Detox Center

703-502-7000 | 24/7

Provides referrals as well as a short-term emergency residential substance abuse program for adults to safely detoxify from the effects of drugs and/or alcohol. Services include medical detoxification, buprenorphine detoxification, outreach, and social detoxification.

DOMESTIC & SEXUAL VIOLENCE

Domestic & Sexual Violence Hotline

703-360-7273 | 24/7

Shares referrals for women, men, teens, and children experiencing domestic and/or sexual violence, stalking, or human trafficking.

Artemis House

703-435-4940 | 24/7

An emergency shelter for victims of domestic violence in need of a confidential place to stay, emergency transportation, safety planning, and/or food and clothing. Legal, counseling, employment, and childcare resources also available.

VICTIM SUPPORT

VA Victim Assistance Network

1-888-887-3418 | M-F 9:00 AM-5:00 PM

Helps victims of harm understand their rights and options, find information and connect with resources, access referrals, and craft next steps to regain control over their lives. Services are available for free.

for more information
bit.ly/fairfaxcountysafetybeyondpolice

MENTAL HEALTH

Emergency Services & Mobile Crisis Unit

703-573-5679

Emergency Services provides 24/7 referrals for mental health support. Trained mental health professionals with the Mobile Crisis Unit respond to adult mental health emergencies daily from 8 AM to midnight.

Children's Regional Crisis Response (CR2)

571-364-7390 | 24/7

Offers rapid response support to youth (17 and younger) facing a mental health and/or substance use crisis. Trained counselors provide phone screenings and face-to-face assessment, intervention, and support.

VA REACH Program

855-897-8278 | 24/7

Provides crisis support for adults and youth with co-occurring mental health and developmental disabilities who may be at risk for hospitalization or other harm. Services available to individuals regardless of ability to pay.

RUNAWAY & HOMELESS YOUTH

Second Story

1-800-SAY-TEEN or text "TEENHELP" to 855-11 | 24/7

Provides referrals and an emergency safe haven for teens in crises such as homelessness, abuse, trafficking, neglect, or other harmful situations. If you want to avoid mandatory reporting, avoid giving identifying information. Rapid re-housing and transitional living services also available for homeless young people (age 18-24), including young women (age 16-24) who are pregnant or have young children.

FOOD & SHELTER

Coordinated Services Planning

703-222-0880 or 211 | 24/7

A centralized hub for information and referrals for human services resources, including emergency food, housing, and/or financial assistance.

COMMUNITY EXAMPLES

- Audre Lorde Project's Safe Outside the System
- Philly's Pissed & Philly Stands Up
- Buoy App: Community Based Crisis Response System
- Incite! Stop Law Enforcement Toolkit & Community Accountability Best Practices

MORE INSPIRATION

- [What to Do Instead of Calling the Police](#) by Aaron Rose
- [Calling Someone Other Than the Cops](#) by Conor Friedersdorf
- [Feelings for the Edge of Your Imagination: Finding Ways Not to Call the Police](#) by Caroline Loomis

HOW TO START BUILDING ALTERNATIVE STRUCTURES TO POLICE IN VIRGINIA

- 1) **Know your neighborhood:** meet your neighbors; learn their names, who they are, and their contact information; say hello when you walk by.
- 2) Follow, volunteer with, and support the work of [LaColectiVA](#), [Justice for Muslims Collective](#), & [Sanctuary DMV](#).
- 3) **Learn skills that can help keep your community safe:**
 - Street Harassment, De-escalation, & Bystander Intervention Training
 - Rapid Response & Accompaniment Training
 - Conflict Resolution & Mediation Training
- 4) Join [Showing Up for Racial Justice Northern Virginia](#): SURJ Northern Virginia organizes white people around racial justice and police abolition. Learn more by visiting <https://www.surjnova.org> and following along on Facebook & Twitter.