

# 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 an emergency  
response hotline?

NO.

## PROFESSIONAL RESOURCES

### Mediation

Northern Virginia Mediation Service  
703-865-7272

### Substance Use

Residential Treatment Center (24/7)  
703-746-3636

### Mental Health

Emergency Services (24/7)  
703-746-3401

### Runaway & Homeless Youth

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

### Food & Shelter

Community Shelter (24/7)  
703-746-3660

### Victim Support

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

### Domestic & Sexual Violence

Sexual Assault & Domestic Violence  
Hotlines (24/7)  
703-683-7273 | 703-746-4911

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/alexandriasafetybeyondpolice](https://bit.ly/alexandriasafetybeyondpolice)

# ALTERNATIVES TO CALLING THE POLICE

## alexandria, 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.

#### DOMESTIC & SEXUAL VIOLENCE

##### Sexual Assault Hotline

703-683-7273 | 24/7

##### Domestic Violence Hotline

703-746-4911 | 24/7

Provides support to women, men, teens and children who are experiencing domestic violence and/or sexual assault. Trained staff offer crisis intervention, safety planning, counseling, referrals, accompaniment, advocacy, and a safe place to stay (if needed). Services available in English and Spanish.

#### SUBSTANCE USE

##### Residential Treatment Center

703-746-3636 | 24/7

Provides short-term support for adults in need of trained staff and a supportive environment in which to stop using drugs and/or alcohol. Services provided regardless of ability to pay and are also available to individuals with co-occurring mental health concerns.

#### 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.

#### MENTAL HEALTH

##### Emergency Services

703-746-3401 | 24/7

Provides support for adults experiencing a mental health or substance abuse crisis. Trained clinicians assess and address needs over the phone, in person, or in the community.

##### 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

##### Alexandria Community Shelter

703-746-3660 | 24/7

Provides emergency housing as well as case management, education and job training, and mental health treatment for people experiencing homelessness.

### 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.

for more information  
[bit.ly/alexandriasafetybeyondpolice](https://bit.ly/alexandriasafetybeyondpolice)