

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

Runaway & Homeless Youth

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

Domestic & Sexual Violence

ACTS Helplines (24/7)
703-221-4460 (Domestic Violence)
703-497-1192 (Sexual Violence)

Mental Health & Substance Use

Emergency Services Crisis Intervention (24/7)
703-792-7800 (Manassas)
703-792-4900 (Woodbridge)

Victim Support

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

Food & Shelter

NVFS Support Hotline
703-792-3366

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/princewilliamsafetybeyondpolice

ALTERNATIVES TO CALLING THE POLICE

prince william 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 on a sliding scale. Both parties must be willing to engage.

SUBSTANCE USE

Emergency Services Crisis Intervention

703-792-7800 (Manassas) | 24/7

703-792-4900 (Woodbridge) | 24/7

Provides emergency detoxification and/or residential treatment for individuals to safely detoxify from the effects of drugs and/or alcohol. Non-emergency services are also available, such as therapy, psychiatry, and case management for qualifying individuals.

DOMESTIC & SEXUAL VIOLENCE

ACTS Domestic Violence Helpline

703-221-4460 | 24/7

A helpline available in English and Spanish, offering survivors of domestic violence counseling and safety planning, as well as emergency housing and other support at a confidential shelter.

ACTS Sexual Violence Helpline

703-497-1192 | 24/7

A helpline available in English and Spanish, offering survivors of sexual violence counseling as well as hospital and court accompaniment.

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/princewilliamsafetybeyondpolice

MENTAL HEALTH

Emergency Services Crisis Intervention

703-792-7800 (Manassas) | 24/7

703-792-4900 (Woodbridge) | 24/7

Assesses and provides support by phone and in the community by trained mental health professionals. Refers for emergency and non-emergency services such as hospitalization or evaluation.

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. Provides 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 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, or neglect. To avoid mandatory reporting, avoid giving identifying information. Rapid re-housing and transitional living services available for homeless young people (age 18-24), including young women (age 16-24) who are pregnant or have young children.

FOOD & SHELTER

NVFS Support Hotline

703-792-3366 | (M-F 9:30 AM-5:30 PM)

Connects people in need of food, housing, or financial assistance to available services, including two homeless shelters, a food pantry, and support with rent or bills.

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.