

*Twin Cities,*

*If you're surviving right now in the best way you know how, please know that I'm proud of you. Thank you for doing everything you can to keep our community safe.*

*Don't Call  
the Police*

ALTERNATIVES - PHONE NUMBERS - RESOURCES

Winter 2020-2021

# Why Not?

Calling the police often escalates situations, puts people at risk, and leads to violence. Any time you seek help from the police, you're inviting them into our community and putting people who may already be vulnerable into dangerous situations.

Sometimes people feel that calling the police is the only way to deal with problems. But we can build trusted networks of mutual aid that allow us to better handle conflicts ourselves and move toward forms of transformative justice, while keeping police away from our neighborhoods.

**Every individual can make a difference by ensuring that law enforcement is not the first call when a better, non-violent, non-racist resource is available!**



## Minneapolis 311

City services and information. Can be used to report abandoned vehicles, potholes, parking violations, damaged/broken sidewalks, traffic light and street light issues, graffiti, debris or obstructions, and more.

Call 311 or (612) 673-3000

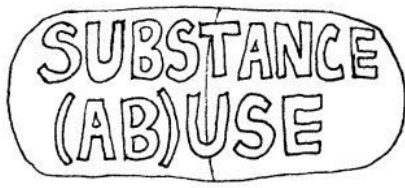
## St Paul City Information and Complaints

Report complaints and request information. Can be used to file complaints about St Paul police officers; and to report potholes, traffic light and street light issues, downed trees, graffiti, rental property issues, and more.

(651) 266-8989

Email: [DSIcomplaints@ci.stpaul.mn.us](mailto:DSIcomplaints@ci.stpaul.mn.us)





### **Southside Harm Reduction Services**

Community-run harm reduction organization that promotes the human rights to health, safety, autonomy, and agency among people who use substances. Delivers Narcan (naloxone), fentanyl test strips, clean syringes, and works; conducts street outreach; and hosts skillshares. Also delivers health and safety information for people who use drugs, and referrals and recommendations for other resources and community organizations.

Call or text: (612) 615-9725  
[www.southsideharmreduction.org](http://www.southsideharmreduction.org)

### **Red Door Clinic**

Sexual health clinic that also provides new needles & works, collects used needles, and provides Narcan (naloxone). Supplies are free and can be obtained by anyone for themselves, friends, or family members, no prescription or identification is required.

(612) 543-5555  
[www.reddoorclinic.org](http://www.reddoorclinic.org)

## **Re-Print to Save Lives!**

Consider downloading a PDF of this zine from the link below so you have access on your mobile device wherever you go. If you're holding a printed copy, try **re-circulating** it to friends, family, coworkers, or through Little Free Libraries so more people can access this information.

## **Better yet, make copies for your neighbors!**

High quality PDF download available for free at  
[https://github.com/zinedistr/Dont\\_Call\\_The\\_Police](https://github.com/zinedistr/Dont_Call_The_Police)

## **Feedback?**

Email [ZineDistro@ProtonMail.com](mailto:ZineDistro@ProtonMail.com) with additions or comments on your experiences using these resources.

## **Sourced with Gratitude from**

- Don't Call the Police - [www.dontcallthepolice.com](http://www.dontcallthepolice.com)
- 12 Things to do Instead of Calling the Cops Zine distributed at [www.sproutdistr.com](http://www.sproutdistr.com)
- MPD150 - [www.mpd150.com](http://www.mpd150.com)

# Pause Before You Call!

## Alternatives to consider, from “12 Things to Do Instead of Calling the Cops” Zine

**1** Don't feel obligated to defend property—especially corporate private property. Before confronting someone or contacting the police, **ask yourself if anyone is being hurt or endangered by property theft or damage.** If the answer is “no,” then let it be.

**2** If something of yours is stolen and you need to file a report for insurance or other purposes, **consider going to the police station instead** of bringing cops into your community. You may inadvertently be putting someone in your neighborhood at risk.

**3** If you observe someone exhibiting behavior that seems “odd” to you, **don't assume that they are publicly intoxicated.** A traumatic brain injury or a similar medical episode may be occurring. Ask if they are OK, if they have a medical condition, and if they need assistance.

**4** If you see someone pulled over with car trouble, **stop and ask if they need help** or if you can call a tow truck for them. If the police are introduced to such a situation, they may give punitive and unnecessary tickets to people with car issues, target those without papers, or worse.

**5 Keep a contact list of community resources** like suicide hotlines. When police are contacted to “manage” such situations, people with mental illness are sixteen times more likely to be killed by cops than those without mental health challenges.

**6 Check your impulse to call the police** on someone you believe looks or is acting “suspicious.” Is their race, gender, ethnicity, class, or housing situation influencing your choice? Such calls can be death sentences for many people.



### Minnesota Elder Justice Center

Trained advocates can listen and support victims and loved ones through abuse, neglect, and financial exploitation; provide referrals, assist with safety plans, and more. Services are free and confidential.

(651) 440-9300  
[www.elderjusticemn.org](http://www.elderjusticemn.org)



### Day One Crime Victim Support Line

Day One hosts the statewide support line for general crime victims. Help is available to you no matter where you're located in the state of Minnesota. 24/7 support line.

1 (866) 385-2699  
Text: (612) 399-9977  
[www.dayoneservices.org](http://www.dayoneservices.org)



### Suburban Rapid Rehousing

Helps youth who are experiencing homelessness transition quickly from the streets and emergency shelters to stable housing. The program serves the five county suburban metro area including: Anoka, Carver, Dakota, Scott and Washington counties. Program of The Link.

(612) 310-9043  
[www.thelinkmn.org/housing/srrh/](http://www.thelinkmn.org/housing/srrh/)

### West Metro Navigator

The West Metro Regional Navigator takes crisis calls and referrals of youth under the age of 24 who are victims of sex trafficking. Serves Hennepin, Scott, and Carver Counties. 24/7 response.

(612) 232-5428  
[www.thelinkmn.org/west-metro/](http://www.thelinkmn.org/west-metro/)

### YMCA Youth Resource Line

YMCA Youth Resource Line is a messaging service where youth can call and connect with a YMCA Youth Support Specialist who will provide resources and referrals.

(763) 493-3052

**7** Encourage teachers, coworkers, and organizers to avoid inviting police into classrooms, workplaces, and public spaces. Instead, **create a culture of taking care of each other** and not unwittingly putting people in harm's way. If you're part of a group that's holding a rally or demonstration, don't get a permit or otherwise cooperate with the police.

**8** If your neighbor is having a party and the noise is bothering you, **go over and talk to them**. Getting to know your neighbors with community events like monthly block parties is a good way to make asking them to quiet down a little less uncomfortable, or to find another neighbor who is willing to do so.

**9** If you see someone peeing in public, **just look away!** Remember, for example, that many houseless people do not have reliable access to bathrooms.

**10** Hold and **attend deescalation, conflict resolution, first-aid, volunteer medic, and self-defense workshops** in your neighborhood, school, workplace, or community organization.

**11** Street art is beautiful! **Don't report graffiti** and other street artists. If you see work that includes fascistic or hate speech, paint over it yourself or with friends.

**12** Remember that police can escalate domestic violence situations. You can **support friends and neighbors who are being victimized by abusers** by offering them a place to stay, a ride to a safe location, or to watch their children. Utilize community resources like safe houses and hotlines.

**Adult Shelter Connection**

Hotline connecting callers with emergency shelter.

(612) 248-2350

[www.simpsonhousing.org/our-programs/adult-shelter-connect-simpson-shelter/](http://www.simpsonhousing.org/our-programs/adult-shelter-connect-simpson-shelter/)

**The Ain Dah Yung Center**

An emergency shelter for runaway and homeless American Indian youth.

(651) 227-4184

[www.adycenter.org](http://www.adycenter.org)

**Metro Shelter Hotline**

The Metro Shelter Hotline operates through a toll-free number to link callers to shelter information and housing programs in the metro area, 24 hours a day, seven days a week (including for youth, families, and domestic violence).

(888) 234-1329

**The Bridge for Youth**

Emergency helpline with compassionate advocates; emergency housing available for youth age 10 – 17.

(612) 377-8800

Text: (612) 400-7233

[www.bridgeforyouth.org](http://www.bridgeforyouth.org)

[ysnmn.org](http://ysnmn.org) – an app managed by Bridge for Youth, central location for youth to find resources including open shelter beds, food, pregnancy assistance, and more. Phone app also available.

**Northside Prevention Program**

Helps young adults ages 18 to 24, and families with youth/young adults ages 13-24 who are present in the home. Assists with the immediate need for past due rental or utility payments to avoid eviction and episodes of homelessness. Program of The Link.

(612) 232-2450

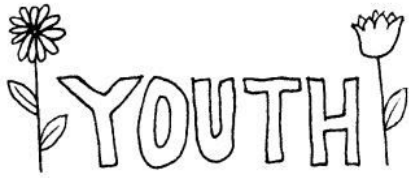
[www.thelinkmn.org/northside-prevention-program/](http://www.thelinkmn.org/northside-prevention-program/)

**Passageways**

Provides emergency shelter beds for youth ages 13 to 17 and housing for youth ages 16 to 24 who have been victims of sex trafficking. Program of The Link.

(612) 226-0946

[www.thelinkmn.org/passageways/](http://www.thelinkmn.org/passageways/)



**Please note, people answering these calls may be mandatory reporters, and required to make a report to CPS or law enforcement in certain situations.**

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### **Metro Children's Crisis Response Services**

Crisis services helpline. Available 24 hours a day, 7 days a week.

Dakota County: (952) 891-7171  
Becker County/White Earth Reservation: (218) 850-HELP(4357)  
or (877) 380-3621  
<https://childcrisisresponsemn.org/>



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[www.thelinkmn.org/northside-prevention-program/](http://www.thelinkmn.org/northside-prevention-program/)

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(612) 226-0946  
[www.thelinkmn.org/passageways/](http://www.thelinkmn.org/passageways/)

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(612) 310-9043  
[www.thelinkmn.org/housing/srrh/](http://www.thelinkmn.org/housing/srrh/)



### **OutFront Minnesota**

OutFront's Anti-Violence Program Crisis Line provides crisis intervention services, legal assistance, confidential crisis counseling, and other advocacy services for LGBTQIA+ victims of violence and harassment.

(800) 800-0350 or (612) 822-0127  
[www.outfront.org/crisis-anti-violence](http://www.outfront.org/crisis-anti-violence)

### **The Trevor Project**

Crisis counseling and a safe, judgment-free person to talk with for any subject, including thoughts of suicide.

(866) 488-7386  
Text line: text "START" to 678678  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

### **Trans Lifeline**

Anonymous and confidential peer support and crisis hotline staffed and run by trans people, for trans people. Also provides microgrants for name & gender changes to IDs & documents.

(877) 565-8860  
[www.translifeline.org](http://www.translifeline.org)



### **The Sexual Violence Center**

24-Hour crisis line for residents of Hennepin, Carver, and Scott counties.

(612) 871-8111 or (952) 448-5425  
[www.sexualviolencecenter.org/](http://www.sexualviolencecenter.org/)  
For people outside of Hennepin, Carver and Scott counties, find resources at [www.rapehelpmn.org/find-help/](http://www.rapehelpmn.org/find-help/)

### **Tubman**

Provides comprehensive services for families and individuals across the Twin Cities. 24/7 crisis resource line, shelter services. They will also support clients through their long-term healing processes and help them overcome barriers through shelter and housing, mental and chemical health, legal services, youth programs, and workshops and support groups.

(612) 825-0000  
<https://www.tubman.org/>





### **Cornerstone - Day One Crisis Line**

For people experiencing domestic violence, sexual assault or sexual violence, human trafficking or simply questioning aspects of their relationship, advocates are available 24/7 to listen and give information and resources. Additional services include emergency housing referrals, legal, and therapy.

(866) 223-1111

[www.dayoneservices.org](http://www.dayoneservices.org)

### **Minnesota Indian Women's Sexual Assault Coalition**

Tribal coalition of advocates and survivors.

(651) 646-4800

Toll free: 1 (877) 995-4800

[www.miwsac.org](http://www.miwsac.org)

### **Oasis of Love**

Crisis intervention for family violence and homelessness, family issues mediation, support groups, intervention and violence prevention groups, non-standard 24 hour / 7 days per week childcare, emergency assistance and referrals.

(612) 529-6064

[www.agapeoasis.com](http://www.agapeoasis.com)



**Please note, mobile crisis teams that come to your location may involve and work with law enforcement if they determine the situation is unsafe in a way they cannot handle alone.**

### **COPE Mobile Emergency Response**

The COPE mobile crisis teams can come to where you are. The teams respond to anyone who needs an urgent response.

(612) 596-1223 (Adults) - Minneapolis area

(612) 348-2233 (17 and under) - Minneapolis area

(651) 266-7900 - St Paul area

Crisis text line - text "MN" to 741741

[www.hennepin.us/residents/emergencies/mental-health-emergencies](http://www.hennepin.us/residents/emergencies/mental-health-emergencies)

### **Love Lines Crisis Center**

24/7 mental health and suicide prevention crisis hotline, program is run by a religious organization.

(612) 379-1199

[www.lovelines.org](http://www.lovelines.org)



### **NAMI Mental Health Crisis Teams**

Mobile crisis teams can come to where you are and provide help, assessments, and references to hospitals and community based programs. Urgent care clinics for mental health available.

Anoka County: 763-755-3801

Carver County: 952-442-7601

Dakota County: 952-891-7171

Washington County: 651-275-7400

Ramsey County: adults - 651-266-7900, children - 651-266-7878

Scott County: 952-818-3702

Hennepin County: adults - 612-596-1223, children - 612-348-2233

### **Suicide Prevention Hotline**

Free, confidential, available 24 hours, 7 days a week for people in distress or their loved ones. English and Español. Online chat available on the website.

(800) 273-8255

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



### **Bluff Country Family Resources**

Provides free individualized crisis intervention, legal and personal advocacy, support groups, as well as information and referrals. 24/7 sexual assault and domestic violence crisis hotline.

(866) 367-4297

[www.bluffcountry.org](http://www.bluffcountry.org)

### **Canvas Health 24/7 Sexual Abuse Crisis Hotline**

24-hour telephone crisis response, short-term counseling, 24/7 response to local hospital emergency rooms, support groups, legal advocacy, Safe at Home application assistance and community education. All services are free.

(651) 777-1117

[www.canvashealth.org/crisis-support/abuse-response-services/](http://www.canvashealth.org/crisis-support/abuse-response-services/)

### **Casa de Esperanza**

24-hr bilingual domestic violence helpline. English and Español.

(651) 772-1611

[www.casadeesperanza.org/](http://www.casadeesperanza.org/)