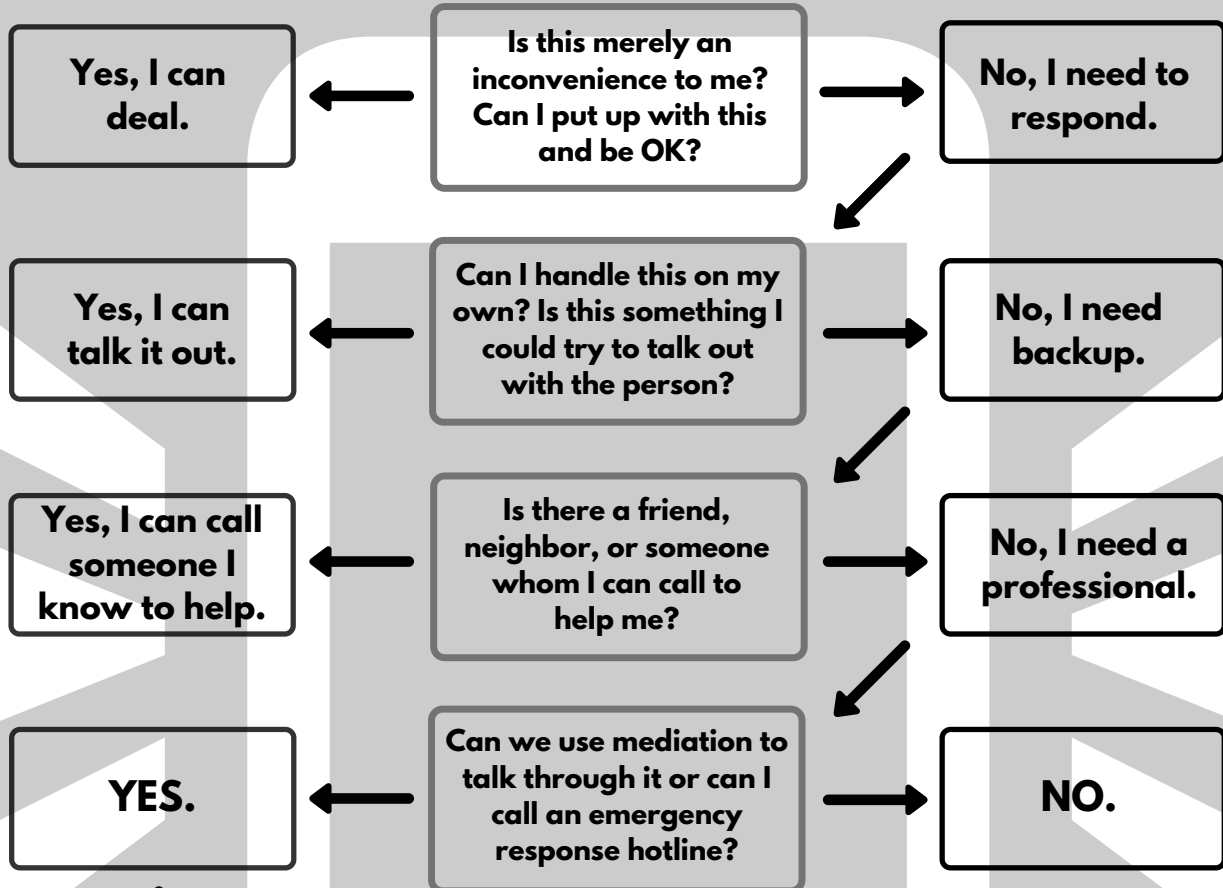


# STEPS TO ASK YOURSELF BEFORE CALLING THE POLICE

start here



## PROFESSIONAL RESOURCES

- |   |   |  |  |
|---|---|--|--|
| <b>Mediation</b>  |   | <b>Sexual Assault</b>                                |  |
| Northern Virginia Mediation Service<br>703-865-7272     |   | Doorways for Women & Families (24/7)<br>703-237-0881 |  |
| <b>Mental Health</b>                                    | <b>Runaway &amp; Homeless Youth</b>   | <b>Substance Use</b>                                 |  |
| Emergency Services (24/7)<br>703-228-5160               | Second Story Hotline (24/7)<br>1-800-SAY-TEEN or<br>text "TEENHELP" to 855-11 | Residential Program Center (24/7)<br>703-228-0026    |  |
| <b>Victim Support</b>                                   |   | <b>Food &amp; Shelter</b>                            |  |
| VA Victim Assistance Network Helpline<br>1-888-887-3418 |   | Homeless Services Center (24/7)<br>703-228-7803      |  |

**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/arlingtoncountysafetybeyondpolice](http://bit.ly/arlingtoncountysafetybeyondpolice)

# ALTERNATIVES TO CALLING THE POLICE

## arlington 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

##### Residential Program Center

703-502-7000 | 24/7  
Provides non-medical detoxification, substance abuse treatment and recovery support, as well as housing services for homeless or at-risk adults.

##### Substance Use Support Line

703-527-4077 | 24/7  
Provides anonymous support and connects people to appropriate resources, including inpatient, outpatient, and residential treatment in the area.

#### SEXUAL & DOMESTIC VIOLENCE

##### Doorways for Women & Families

703-237-0881 | 24/7  
A hotline and safehouse for victims of domestic or sexual violence. Trained staff provide crisis intervention and safety planning as well as referrals to other community or legal services, such as court advocacy. Hospital accompaniment is also available for survivors of sexual assault. Services available for free to residents.

#### 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  
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#### MENTAL HEALTH

##### Emergency Services

703-228-5160 | 24/7  
Provides immediate support to individuals and families experiencing mental health crises. Trained staff strive to relieve distress, prevent harm to self/others, and assess service needs.

##### 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

##### Homeless Services Center (HSC)

703-228-7803 | 24/7  
A centralized hub for information and referrals for free resources, including emergency food, housing, benefits assistance, and job training.

### 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.