ALTERNATIVES TO CALLING THE POLICE

Can I put up with this and be okay?

YES
I'll vent my feelings about it to someone I trust.

NO
Can I handle this on my own, or talk it out with the other person?

YES
It'll be stressful, but I'll do something to take care of myself afterwards.

NO
Can I call a friend, neighbor, or someone else I trust for help?

YES
And then remember to treat them to dinner later.

I NEED A PROFESSIONAL

What kind of emergency is it?

I REALLY THINK I NEED A COP.

Dealing with the police is a frightening, stressful experience — even when you're the one making the call.

Make sure to consider how involving the police could impact you and the other person. Have a plan so that you know what to do when police are present, and how to identify police misconduct.

ON-GOING DISPUTE

Mediation is a free, confidential, nonjudgmental, and voluntary process in which two neutral mediators assist participants, typically two or more persons in a dispute situation, to develop solutions to their conflict. The participants speak for themselves and make their own decisions. The mediators facilitate the exchange, neither taking sides nor suggesting or evaluating solutions.

Conflict Resolution Center of Montgomery County: 301-652-0717

MENTAL HEALTH CRISIS

If someone appears to be in some kind of mental or emotional distress, ask if they would like assistance.

If they say yes, are unresponsive, or you do not feel safe approaching them, contact the Montgomery County 24 Hour Crisis Center. Their mobile unit will come to your location and diagnose what that individual needs.

WEATHER EXPOSURE

If you encounter a homeless individual who appears to be suffering due to extreme heat or extreme cold, ask them if they would like you to contact someone to get them assistance and shelter.

If they say yes, or if they are unable to respond, call the Montgomery County 24 Hour Crisis Center.

Montgomery County 24 Hour Crisis Center: (240-777-4000)

VICTIM SUPPORT

If you or someone else is the victim of a crime, Montgomery County's Victim Assistance and Sexual Assault Program offers counseling and support as you navigate the justice system.

SEXUAL ASSAULT

If you or someone else has been the victim of a sexual assault, Montgomery County's Victim Assistance and Sexual Assault Program offers counseling and support. They offer anonymous third party reporting of rape and sexual offenses to the Montgomery County Police Department upon client request.

Victim Assistance and Sexual Assault Program 24 hour crisis line: 240-777-4357

HUMAN TRAFFICKING

24/7 200+ languages. A trained and experienced Anti-Trafficking Advocate is available 24/7 and in 200+ languages. They will speak with you about your needs, your options, and the resources. Anonymously report tips, seek services, and ask for help.

The National Human Trafficking Hotline: (888) 373-7888