STEPS TO ASK YOURSELF BEFORE CALLING THE POLICE

Yes, I can deal. → Yes, I can handle this on my own? Is this something I could try to talk-out with the person?

No, I need to respond. → No, I need backup. → No, I need a professional. → Could we use mediation to talk through what happened or could I call an emergency response hotline?

Yes. → Yes, I can call a friend to help.

Yes, I can talk it out. → Is there a friend, neighbor, or someone whom I could call to help me?

Yes. → My community and I handled this situation!

If I call the police, do I understand how involving the police could impact me and the other person?

Professional Resources

Mental Health
Behavioral Health Response
314-469-6644

Homeless Services
St. Louis Housing Helpline
314-802-5444

Community Mediation
Conflict Resolution Center: 314-255-7449
Comm Mediation Services: 314-884-6579

Domestic Violence
ALIVE: 314-998-2777
Life Source Consultants: 314-524-0686

LGBTQ+ Community Support
St. Louis Queer+ Support Helpline (SQSH)
314-580-7774

Youth Connection Helpline
StL City: 314-485-4635; text 2TALK to 31658
StL County: 314-628-2929; text 4HLP to 31658

For more information

www.facebook.com/capcrstl or www.capcr-stl.org