

WAIT!

Before calling the police...

- 1 Pause. Breathe. Ask yourself:**
Is this merely an inconvenience to me? Can I put up with this and be okay?

- 2 No, someone is in danger. I need to respond.**
Can I handle this on my own? Can I talk it out with the other person?

If you're not certain what to do, try being honest: "This seems like a situation that would cause someone to call the cops. I don't want to do that because I'm not sure what would happen, so can we figure out a way to handle this?"

- 3 No, I need backup.**
Who can I ask for help right now? A friend, neighbor, someone with a car, someone who knows the person, a community member who has experience with this situation?

- 4 No, I need professional help.**
Is there an emergency response hotline I can call?

- 5 No. If I call the police, do I understand how involving the police could impact me and the other person? If police are present, do I know what to do? Would it improve the situation?**


EMERGENCY RESPONSE CENTERS

Central Kentucky

Domestic Violence
Eastwood@750mm
(800) 544-2022 (24/7)

Sexual Violence
Account Sexual Violence Resource
Center for the Bluegrass
(855) 753-2511 (24/7)

National

Mental Health
National Suicide Prevention Lifeline
Available for all mental health issues
(800) 273-8255 (24/7)

*You may be asked to give your location. Call number again if this is a case.

Alternative methods of support

Ask if the distressed person is also, if they have, a medical condition and if they need assistance. Offer to find them a safe, safe food and water. Offer shelter if you're Officer to talk. Offer your support.

Go to the police station yourself with your documenting the issue instead of bringing the police to your neighborhood.

Introduce yourself to your neighbors. Exchange names and phone #s. Let your neighbors & friends know you're there and you for support in busy situations.

Carry a radio

Learn more at firstaidforneighbors.com

