



## **Before you call the cops, ask yourself the following questions:**

**“Is someone in danger?”**

**“Is someone hurt?”**

**“Have I tried to solve the problem on my own?”**

**“Am I minding my own business?”**

We can't tell you to never call the police (though some do make that choice). We can challenge you, however, to reflect on that choice, to make sure that calling them isn't an automatic response to each and every moment of personal discomfort or uncertainty.

This is a list of local services/hotlines you can call instead of the police, please add more that you come across in the write-in section. From domestic abuse crisis centers, to shelters for people experiencing homelessness, to mental health support groups, to a range of other kinds of advocates and service-providers, find the people who can deal with the kinds of crises that police so often are not equipped to handle. In the following pages you will find a selection of both national and local resources, but always look to community resources as well. If you don't find them, there may be an opportunity to start something new and help build them.

## **Mental Health Resources**

### **National Suicide Prevention Hotline**

1-800-273-2855

### **Nebraska Family Helpline**

1-888-866-8660

### **Crisis Text Line**

Text HOME to 74741

## **Domestic Violence and Sexual Assault Resources**

### **WCA Domestic Violence**

*24/7 Crisis Hotline Women's Center for Advancement*

402-345-7273 Español: 402-672-7118

### **Nebraska Family Help Line**

1-888-866-8660

### **National Teen Dating Abuse Hotline**

1-866-332-9474

### **RAINN**

*Rape, Abuse, Incest National Network*  
1-800-657-HOPE (4673)

### **Crisis Text Line**

Text HOME to 74741

## **Substance Use Resources**

### **SAMHSA**

*Substance Abuse and Mental Health Services Administration*

1-800-662-HELP (4357)

## **Youth Resources**

### **YES**

*Youth Emergency Services*

Crisis Line: 402-578-SAFE (7233)

Emergency Shelter: 402-345-5187

### **Boys and Girls Town Abuse Hotline (Local)**

402-498-6540

### **Nebraska Child and Adult Protective Services**

1-800-652-1999

### **Food Bank for the Heartland**

402-331-1213

### **National Teen Dating Abuse Hotline**

1-866-332-9474

### **Crisis Text Line**

Text HOME to 74741

## **LGBTQIA+ Resources**

### **Trans Lifeline**

1-877-565-8860

### **Trevor Project 24 hr Crisis Intervention Hotline**

1-866-488-7386

### **LGBTQ National Youth Talk Line**

800-246-7743