

ALTERNATIVES TO CALLING THE POLICE

CAMBRIDGE MA RESOURCE LIST

Don't be a cop! When calling these resources to "help" someone else, get consent first.

Learn more: @copfreeharvard and copfreeharvard.org



Disclaimer: While these resources are alternatives to calling the police, there is no guarantee these orgs will not call 911 if they deem necessary.

THEFT AND PROPERTY RECOVERY

Nationally, police "solve" fewer than 1 in 5 property crimes like theft. In most cases, property is not recovered. • If you have renters' insurance, check your deductible (below that, insurance pays nothing) and process for reimbursement.

MENTAL HEALTH & SUBSTANCE USE

Mental Health Emergency Crisis Intervention on-site evals w/most insurance/MassHealth • 1-800-981-4357
National Suicide Prevention Lifeline • 1-800-273-8255 or chat online suicidepreventionlifeline.org/chat/
Substance Use Helpline call for substance use treatment, detox, & recovery services • 1-800-327-5050
CASPAR FirstStep Outreach Team on-site rapid response overdose prevention and aid for unhoused people. 240 Albany St. • 617-592-6895
Access-Needle Exchange free Narcan & clean needles. 359 Green St. • (617) 599-0246

VIOLENCE PREVENTION

Emerge group therapy and anger management for people who want to change their abusive behavior • 617-547-9879 or email info@emergedv.com
Parents Helping Parents free stress management hotline and parental support groups • 1-800-632-8188

OTHER HEALTH

Poison Control Expert Hotline • 1-800-222-1222
Cambridge EMS Non-emergency medical needs including free home visit or for answers to medical questions (for Cambridge residents only) • 608-423-3511
Bridge Over Troubled Waters mobile medical van for emergency & preventative health care for youth ages 14-24 experiencing homelessness • 617-423-9575

MATERIAL AID

Material Aid and Advocacy Program links to support services and resources for COVID times and beyond • www.maapma.org/covid19resources

SURVIVORS OF VIOLENCE

Boston Area Rape Crisis Center (BARCC) 24/7 crisis hotline & long-term services • 1-800-841-8371 or chat online barcc.org/help/services/hotline
Safelink 24/7 hotline for domestic violence counseling, emergency housing, and more services • 877-785-2020
Transition House 24/7 hotline for support, safety planning, and connection to resources • (617) 661-7203
Cambridge Health Alliance
 Victim crisis intervention and response • 617-591-6033
 Victim resources and safety planning • (617) 665-2992
 Center for Homicide Bereavement crisis intervention and counseling for homicide survivors • 617-591-6123
Report Hate Crimes
 Council on American-Islamic Relations of MA • cairma.org
 Mass Transgender Political Coalition • masstpc.org

SAFETY BEYOND POLICING

Know your neighborhood. Introduce yourself to neighbors, learn their names, make a list of their phone numbers, say hello when you walk by. Check in with vulnerable neighbors.
Learn bystander intervention, de-escalation, and street harassment responses. ihollaback.org
Learn First Aid & CPR: cambridgeareaems.com/events/
Pods and pod-mapping: who are the people you can call on if you've been harmed, caused harm, or witnessed harm? bit.ly/PodsResource

PLANTING SEEDS OF ABOLITION

Join or support local organizing efforts: The Black Response (@Black_Response); Driving Families Forward; Community For Us By Us (@CommunityFUBU); Building Up People Not Prisons Coalition; SURJ Boston; City Life/Vida Urbana
Learn from elsewhere: Cure Violence is a public health anti-violence program in 10 US cities proven to reduce shootings and killings with trained street violence interrupters and outreach, public ed. campaigns, and community action.
Learn more about transformative justice at TransformHarm.org & creative-interventions.org/tools/

Questions before calling the police:

1. Is this merely an inconvenience? Can I put up with this and be OK?
2. No, I need to respond. Can I handle this on my own? Can I talk it out with the other person?
3. No, I need backup. Is there a friend or neighbor I could call to help me?
4. No, I need more help. Can we use mediation to talk it through? Is there a hotline I can call?
5. No. If I call the police, do I understand someone may be killed, injured, or abused?