

SAFE POLICE INTERACTIONS



Tips WHAT TO SAY IF YOU NEED TO CALL THE POLICE DURING A MENTAL HEALTH CRISIS

1) State that the situation is a mental health crisis to both the 911 dispatcher and the responding officer!

“I am calling because my loved one is having a mental health crisis. My goal is for them to get help, not to be arrested or harmed.”

3) If applicable: tell the officer if you know that your loved one has access to weapons, particularly firearms.

“My loved one has access to _____ weapons.”

5) Briefly point out triggers that you believe could escalate the situation (e.g. speaking loudly, standing over your loved one, getting too close, etc.)

“I want to make you aware of triggers that I believe will escalate this situation.”

2) Request that a CIT (Crisis Intervention Team) trained officer (officer with special mental health training) respond to the situation! They may or may not be available.

“If possible, I’d like an officer with CIT training to respond.”

4) If applicable: Tell the officer if your loved one has made direct threats.

“My loved one has made direct threats of violence.”

6) Briefly point out things that may prevent escalation: speaking softly, addressing concerns directly, having a trusted person nearby, etc.

“I want to make you aware of a few ideas for preventing escalation.”

BE CALM AND COOPERATIVE with 911 dispatcher and law enforcement officers. Answer all questions completely and honestly. Give a written statement if requested.