

Seattle Area Alternatives to Calling 911

Mental Health Response & Resources

If you are experiencing a mental health crisis or having suicidal thoughts, you can call crisis and commitment services for a designated crisis responder to assess the individual in need: 206-263-9200

Crisis Connection

Anonymous calling with resources provided over the phone. If requested, a trained mobile response team will do a wellness check in person, without cops.

877-500-WARM (9276) 24-hour 866-427-4747

Transgender Suicide Hotline / TRANS LIFELINE

Trans Lifeline is a trans-led organization that connects trans people to the community, support, & resources.

877-565-8860 - translifeline.org

Domestic Violence & Sexual Assault

New Beginnings

24-hour domestic violence helpline:

206-522-9472

King County Sexual Assault Resource Center

24-hour domestic toll free number:

888-99VOICE - 888-998-6423

The NW Network

LGBT specific

206-568-7777 - nwnetwork.org

API CHAYA

Asian/Pacific Island Community, multiple languages

877-922-4292 - apichaya.org

Harborview Abuse & Trauma Center

If you are sexually assaulted, you can go to any of these ERs: Harborview, Swedish, Valley Medical, UW Medical, Virginia Mason, & Seattle Children's. A Harborview trained sexual assault nurse will respond and an advocate will be called to support you.

206-744-1600

Youth Resources

YouthCare

Youthcare works to end youth homelessness, provides shelter, and ensures young people are valued for who they are and empowered to achieve their potential. Ages 12 to 24.

800-494-7802

For immediate help text "safe" and current location to:

800-422-8336 Ages 18 & younger.

National Runaway Safeline

24 hour line offering non-directive support, resources, safety planning, conflict resolution and deescalation for youth who considering leaving home or are homeless.

Also provides support for parents & guardians to deal with conflict using alternative methods rather than calling the police.

1-800-RUNAWAY - 1800runaway.org

Not every crisis requires a call to the police. While we wait for a response from the mayor and city council to our calls for the reappropriation of funds from law enforcement to the local community, here are some alternative resources that will help to lessen the necessity of the police and protect vulnerable populations from state-sanctioned violence.

By reassigning responsibilities, we can work to delegitimize the police apparatus while building a stronger community run for and by the people. Together we can address issues that arise without criminalizing and harming those who just need help. We will be expanding this list as we receive new information.

Sometimes you do need the police for insurance purposes such as in the event of a burglary or car theft. For these situations you should call the non-emergency line: 206-625-5011

Health & Substance Abuse

Seattle Alcoholics Anonymous

24 hours a day to talk to a sober alcoholic.

206-587-2838

Seattle Narcotics Anonymous

A fellowship of recovering addicts who help each other.

206-790-8888

Washington Recovery Helpline

Substance abuse, addiction, gambling, & mental health.

206-568-7777 - nwnetwork.org

Free 24 Hour Consulting Nurse

A nurse helps determine urgent or emergency care.

425-899-3000 *2

Planned Parenthood

One of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education.

800-769-0045 - plannedparenthood.org

Other Resources

Dial 211

211 connects people to the help they need with human & health services: housing, utilities, legal matters, etc.

2-1-1 - wa211.org

Dial 311

A non-emergency phone number that people can call to find information about services, make complaints, or report problems.

3-1-1 - seattle.gov/customer-service-bureau

Q-Defense Seattle

Members & allies of the LGBTQIA+ community committed to Community Defense of the people, by the people, no police.

seattleqpatrol@gmail.com

SDOT - Road assistance.

Maintenance crews for non-urgent situations.

206-684-ROAD

12 Things To Do Instead of Calling the Cops

List of ways to better handle conflicts ourselves.

tinyurl.com/12thingstodo