

COMMUNITY SPRING
FELLOWSHIP 22-23

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LINKS NOT LOCKS ZINE



*alternatives to cops
for mental health &
substance use crisis*



This zine is designed to grow awareness
of the crisis assistance resources in
Gainesville and Alachua County.

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envisions a community that doesn't use incarceration as the answer to public health issues but instead connects people to mental, behavioral, and cultural resources that are rooted in the community.

Learn more at
csgnv.org/links

Alternatives to cops for mental health & substance use crisis

- **HOT LINES**

When you're in a place where things seem bleak and it's hard to look at the possibilities that are there for you in the future

- **ALT. RESPONDERS**

Alternative responders are crucial for providing specialized care and support in mental health crises

- **CRISIS CENTERS**

Crisis Centers offer services that can be accessed in both during and after a crisis

- **SOCIAL/COMMUNITY
SAFETY NETS**

Sometimes the best thing to do when things are out of control is to reach out to friends and family



Why not just call the cops?

Having an armed police response to a mental health crisis carries significant risk of trauma, physical harm and arrest. For example:

- For people with untreated mental illness, the risk of being killed by police is 16 times greater than other members of the community
- Over one-third of the people held in the Alachua County Jail have mental health conditions

Hotlines Pt.1

When you're in a place where things feel like they're out of control

- **Alachua County Crisis Center:** 352-264-6785 or Toll-Free at 1-800-971-0016. this hotline is available 24/7 with trained counselors who can provide immediate assistance and referrals to local resources.
- **National Suicide Prevention Lifeline:** 988
- **Meridian behavioral healthcare crisis line:** 352-374-5600 (option 1)
- **Crisis Text Line:** Text "HOME" to 741741
- **National Alliance on Mental Illness (NAMI) Helpline:** 1-800-950-NAMI (6264)

Hotlines Pt. 2

This list has a focus on B.I.P.O.C. and queer hotlines to call when in crisis.

QUEER

- **The Trevor Project (for LGBTQ+ youth):**
1-866-488-7386
- **Trans Lifeline :** 1-877-565-8860
- **Black Emotional and Mental Health (BEAM) Collective:** 855- 998-2266
- **National Queer Asian Pacific Islander Alliance (NQAPIA) Helpline:** 1-888-235-8535
- **National Latino Behavioral Health Association (NLBHA) Helpline:** 1-800-273-TALK (8255)
- **National American Indian and Alaska Native MHTTC (Mental Health Technology Transfer Center) Helpline:** 1-844-986-2264

B.I.P.O.C.

ALTERNATIVE RESPONDERS

Alternative responders are crucial for providing specialized care and support in mental health crises

- **The Mobile Outreach Team** of the Alachua County Crisis Center provides mental health support, crisis intervention services and referrals to community resources. **You can reach the Alachua County Crisis Center's mobile outreach team by calling their hotline at 352-264-6789 or texting "TALK" to 741741**
- **The Gainesville Community Resource Paramedicine (CRP) Program** provides compassionate and effective emergency medical care, including for those in substance use crises. **You can request their services directly by calling 352-334-2400, or by informing the 911 dispatcher that you require medical assistance only.**
- **The Co-Responder Program** is still a police response, but a mental health clinician rides along with them and can provide care, referrals and follow-up support. **To request their services instead of regular officers, you can request a co-responder from the 911 dispatcher.**

CRISIS CENTERS

Crisis centers provide walk in services such as crisis counseling and connections other services.

- **Alachua County Crisis Center:** Walk-in counseling services for mental health crises, providing resources and referrals to mental health and substance use treatment. **Located at 218 SE 24th Street, Gainesville, FL 32641. Call 352-264-6789 to set up an appointment or walk in.**
- **Gainesville Paramedicine Program:** Offers walk-in basic medical care, mental health assessments and referrals to appropriate treatment services for non-emergency medical or behavioral health issues. **Located at 1731 SE 7th St, Gainesville, FL 32641. Call 352-334-5050 to set up an appointment or walk in.**
- **Peaceful Paths:** Provides 24-hour hotline and walk-in services for domestic violence situations, offering safety planning, counseling, advocacy, and legal assistance. **Located at 2100 NW 53rd Ave, Gainesville, FL 32653. Call 352-377-5690 to set up an appointment or walk in.**



Social/Community Safety Nets

In times of crisis, it can be helpful to consider alternative ways of getting or offering support. Rather than relying solely on the police and 911. Connection with trusted friends and family can offer a more personalized and compassionate approach.

The next few pages have some advice from the National Alliance on Mental Illness (NAMI) on how to support a loved one with a mental health condition by:

- Building a pre-crisis plan
- Supporting them during a crisis
- Setting up an after care plan

For more info see the guide "[Navigating a Mental Health Crisis](#)" available at nami.org.

Pre-Crisis Plan

When creating a crisis plan with a loved one, here are seven things to consider:

1. Learn all you can about the illness your loved one has
2. Find out about benefits and support systems when things are going well.
3. Learn to recognize early warning signs of relapse, such as changes in sleeping patterns, increasing social withdrawal, inattention to hygiene, and signs of irritability.
4. Talk to your loved one, especially when they're doing well, and let them tell you what helps to reduce symptoms and relieve stress.
5. Do what your loved one wants, as long as it's reasonable and safe.
6. Acknowledge your own uneasiness, tell your loved one how their behavior is making you feel, and diffuse the situation.
7. Give your loved one plenty of physical and emotional space.

How to help during a mental health crisis

- Empathize with the person's feelings and try to de-escalate the crisis by keeping your voice calm, avoiding overreacting, and listening to the person.
- Express support and concern, avoid continuous eye contact, and ask how you can help.
- Keep the stimulation level low, move slowly, offer options instead of trying to take control, and avoid touching the person unless you ask permission.
- Be patient, gently announce actions before initiating them, and give them space, don't make them feel trapped.
- Call a psychiatrist, clinic nurse, therapist, case manager or family physician that is familiar with the person's history if you don't believe there is an immediate danger.
- Consider calling one of the crisis hotlines or alternative responders listed above if the situation is worsening.

Aftercare Plan

The goal of an aftercare plan is to offer someone a range of tools and resources to support their ongoing recovery and minimize their risk of relapse. Here are some potential components of an aftercare plan:

- **Medication Management:** Ensuring they have access to their prescribed medication and understand how to take it properly can help prevent medication-related crises.
- **Regular Check-Ins:** Consistent communication and check-ins with a healthcare provider, therapist, or support group can help to identify issues early on.
- **Peer Support Group:** A support group can provide a sense of community and a place to share experiences.
- **Mindfulness Practices:** Engaging in mindfulness practices, such as meditation or yoga, can help manage stress, regulate emotions and promote overall well-being.
- **Community-Based Initiatives:** Participating in community-based initiatives, such as volunteer work or hobby groups, can offer a sense of purpose and build new connections.

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*Lets envision a community where
needs are met with care*

Learn more at: csgnv.org/links