

COVID-19 Mental Health & Crisis Counseling Resources

Vermont state recovery officials have compiled this information to support Vermonters who are facing mental health challenges as a result of the ongoing impacts of the COVID-19 pandemic.

Across the state and around the country, rates of depression, anxiety and stress have been escalating across multiple sectors including healthcare, education, childcare and public safety as workers struggle to cope with the strain of being overworked, processing grief and loss, isolation and dealing with the uncertainty of so many aspects of daily life. It is our hope that anyone who is struggling will take advantage of the many resources that are available, offering compassionate and confidential support.

Vermonters have a broad range of free, confidential mental health supports available to them:

[COVID Support VT:](#)

COVID Support VT helps people cope with the pandemic through education, emotional support and connections to community services that promote resilience, empowerment and recovery.

Call Vermont 2-1-1 (866-652-4636), option #2, for free and confidential emotional support, M-F, 8am-8pm.

Resources also available at [COVIDSUPPORTVT.org](https://www.COVIDSUPPORTVT.org) and on [Twitter](#), [Facebook](#) and [Instagram](#).

[Vermont 2-1-1:](#)

Vermont 2-1-1 is a free service that will help you find the programs and services you need that are provided to Vermonters by local community groups, social service and health-related agencies, government organizations and others.

[Help Me Grow Vermont:](#)

Help Me Grow (HMG) connects families to local resources and supports. HMG has a database of mental health providers trained in perinatal mood and anxiety disorders as well as trauma modalities and helps connect families and providers to these clinicians, offering care coordination and follow up. Call 2-1-1, option 6, M-F 8am -5pm or text HMGVT to 898211.

[Vermont Department of Mental Health:](#)

Living with uncertainty during the outbreak of COVID-19 is stressful for everyone. Health, financial and other concerns can increase anxiety. Things that were normal a few months ago are no longer the norm. Physical distancing makes it difficult to see friends or visit family in person. We've been creative in the use of technology, phone lines and the mail to connect. But it's not the same. [The Vermont Department of Mental Health has compiled some tips to help us get through this unsettling time.](#)

[Vermont Department of Mental Health's Self-Care Tips](#) is an additional resource offered by the Vermont Department of Mental Health.

Specific Support:

Crisis Support:

Text “VT” to 741741 for free, confidential crisis counseling, 24/7.

Suicide Prevention:

National Suicide Prevention Lifeline: 1-800-273-3255; press 1 for the Veteran’s Crisis Line. Counselors are available 24/7 to provide free and confidential support

Vermont Teen Support:

Information for Vermont teens and young adults to help take control of your lifelong health and wellness.

Vermonters with Limited Income:

Your health should not be determined by your income. Learn more about resources and programs for Vermonters with limited income.

Domestic Violence Resources:

What if you are isolated (or quarantined) with your abuser? Reach out for the help you need. Law enforcement is continuing to respond to calls. Hotlines and shelters will remain open. Contact the Vermont Network for more information about your local organization.

- [Vermont Network \(link is external\)](#)
- Vermont Domestic Violence Hotline: 800-228-7395
- Vermont Sexual Violence Hotline: 800-489-7273
- LGBTQ+ Survivor Support-line: 802-863-0003
- National Domestic Violence Hotline: 800-799-7233
- If you’re unable to speak safely: Log onto [thehotline.org \(link is external\)](https://thehotline.org) or text LOVEIS to 22522
- If you are in an emergency situation: Call 911

Substance Abuse:

VT Helplink is the only statewide, public resource to connect you to the treatment and recovery resources you need. Our support and referral services are free and confidential. Whether you’re seeking help for yourself, a client, or a loved one, we offer caring and expert support to navigate the Vermont treatment and recovery system. Visit VTHELPLINK.org or call 1-800-565-LINK for substance use support

LGBTQ Support:

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. Call 1-866-488-7368.

Immigrants & Refugees:

Find health information and resources for people who are new to Vermont from other countries, cultures and languages. Use our [website](#) to answer your questions about being healthy in Vermont.

Vermont Federation of Families for Children’s Mental Health:

The Vermont Federation of Families for Children’s Mental Health exists to support families and children where a child or youth, age 0-22, is experiencing or at risk to experience emotional, behavioral, or mental health challenges.

Vermont Peer Support:

The Pathways Vermont Support Line provides confidential, non-judgmental support and connection for all Vermonters over the age of 18 by phone. It's staffed by local peers who've been through tough situations themselves. They listen, talk with you, provide insight, and help you face life's challenges.

Different from a crisis helpline or emergency hotline, the Vermont Support Line is a "warm line" — your go-to support resource that can help prevent a situation from escalating to an emergency. We focus on mental health help and counseling for a wide range of issues: from the anger you feel after a bad day, to times when you feel alone, to when you need support for substance abuse, medical concerns, relationship challenges, or thoughts of suicide. Our line is open 24/7. Give us a call or text us at (833) VT-TALKS / (833) 888-2557.

Federal Support:

SAMHSA: Substance Abuse and Mental Health Services Administration

SAMHSA recognizes the challenges posed by the current COVID-19 situation and is providing the following guidance and resources to assist individuals, providers, communities, and states across the country.

SAMHSA stands ready to assist in any manner possible. Visit the [website](#) for a full overview of programs and resources.

SAMHSA's National Helpline

1-800-662-HELP (4357) and TTY 1-800-487-4889

Additional Mental Health & Crisis Counseling Resources

Vermont Care Partners:

Vermont Care Partners is a statewide network of sixteen non-profit community-based agencies providing mental health, substance use, and intellectual and developmental disability services and supports. Use this link to find a local counselor or mental health professional. VCP also offers local crisis services.

Also consider:

- Contacting your primary care provider
- Talking to a family member, friend, health care provider, a faith leader, teacher or coach