

# Vermont

Free resources to support mental health and wellness

## Need to connect?



- Reach out to a family member, friend, health care provider, or faith leader.
- **Pathways Vermont Support Line**  
Warmline | (833) VT-Talks – (833) 888-2557  
[pathwaysvermont.org/what-we-do/our-programs/vermont-support-line](https://pathwaysvermont.org/what-we-do/our-programs/vermont-support-line)
- **Vermont Recovery Network**  
Peer to Peer Support Hotline | 802-808-8877
- **Free online forums and 1-on-1 chats** | [7cups.com](https://7cups.com)
- **United Counseling Service** | 802-442-5491 | [ucsvt.org](https://ucsvt.org)

## In a crisis?



- **National Suicide Prevention Lifeline**  
800-273-TALK (8255)
- **Health Care and Rehabilitation Services**  
Windsor & Windham counties  
24 Emergency Services Crisis Team: 800-622-4235  
Warmline: 800-917-1622 | [hcrs.org](https://hcrs.org)
- **United Counseling Service** | 802-442-1700  
24-hour emergency services | [ucsvt.org](https://ucsvt.org)
- **Crisis Text Line** | Text HOME to 741741  
[crisistextline.org](https://crisistextline.org)
- **Samaritans (24/7)** | 877-870-4673  
[samaritanshope.org](https://samaritanshope.org)
- **SAMHSA's Disaster Distress Helpline (24/7)**  
800-985-5990 | Text TalkWithUs to 66746
- **Vermont Crisis Text Line** | Text VT to 741741
- **Vermont Suicide Prevention Center** | [vtspc.org](https://vtspc.org)
- **American Foundation for Suicide Prevention**  
Find a local chapter [afsp.org/find-a-local-chapter](https://afsp.org/find-a-local-chapter)

## Specialized Support



### Young Adults

- **OK2Talk** | [ok2talk.org](https://ok2talk.org)  
800-273-TALK
- **Text TEEN to 839863** between 9pm and 1am any night, download the [Teen Talk App](#), or participate in discussions with other teens on the TEEN LINE message board.
- **Your Life Your Voice**
  - » 800-448-3000
  - » Text VOICE to 20121 between 1pm and 1am
  - » Send a message from [the website](#)

### LGBTQ

- **The Trevor Project** (LGBTQ support) | 866-488-7386  
Text START to 678678 or chat online at [thetrevorproject.org](https://thetrevorproject.org)

### Parents

- **Parent Stress Line**  
(24/7) | 800-632-8199

### Veterans

- **Veteran's Crisis Hotline**  
800-273-8255 (press 1)

**For multilingual resources, please visit our [website](#).**

### Other resources

- Visit [vermont211.org](https://vermont211.org) or dial 2-1-1
- **Support Group Central** various online support groups  
[supportgroupcentral.com](https://supportgroupcentral.com)
- **Contact your behavioral health provider to see if they can schedule a telehealth visit.** Telehealth is a virtual therapy session. Many providers are now offering this option.
- **Northern New England Poison Center**  
800-222-1222  
Text POISON to 85511

## Vermont Regional Community Mental Health Centers

(Designated Agencies) offer mental health and crisis services. List below and more information available at [mentalhealth.vermont.gov/individuals-and-families](https://mentalhealth.vermont.gov/individuals-and-families)

- **Clara Martin Center (CMC)**  
Randolph area | 802-728-446  
Bradford area | 802-222-4477  
Wilder Area | 802-295-1311  
**CRISIS LINE** | 800-639-6360
- **Community Care Network**  
**Rutland Mental Health Services**  
802-775-2381  
**CRISIS LINE** | 802-775-1000
- **Counseling Service of Addison County**  
**CRISIS LINE** | 802-388-7641
- **Families First in Southern Vermont**  
Brattleboro | 802-275-4919  
Wilmington | 802-464-9633

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## Vermont Regional Community Mental Health Centers

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- **Health Care and Rehabilitation Services**  
802-488-6000  
**CRISIS LINE** | 800-622-4235
- **Howard Center**  
802-488-6000  
**CRISIS LINE** | 802-488-7777
- **Lamoille County Mental Health Services**  
802-888-5026  
**CRISIS LINE** | 802-888-8888
- **NFI Vermont**  
(Northeastern Family Institute)  
802-658-0040
- **Northeast Kingdom Human Services**  
Derby: 802-334-6744 | **CRISIS LINE** | 802-334-6744  
Saint Johnsbury: 802-748-3181 | **CRISIS LINE** | 802-748-3181
- **Northwestern Counseling & Support**  
802-524-6554  
**CRISIS LINE** | 802-524-6554
- **United Counseling Service of Bennington County**  
802-442-5491  
**CRISIS LINE** | Manchester area | 802-362-3950  
**CRISIS LINE** | Bennington area | 802-442-5491
- **Washington County Mental Health Services**  
802-229-0591  
**CRISIS LINE** | 802-229-0591

