



United Way of  
Northwest Vermont

# Mental Health Resources for 2023 Vermont Flood

**Disaster Distress Hotline** National 24/7 multilingual crisis support service for those who are experiencing emotional distress related to natural disasters like flooding.

**800-985-5990** Call/text or go to [samhsa.gov/find-help/disaster-distress-helpline](https://samhsa.gov/find-help/disaster-distress-helpline)

**988 Suicide & Crisis Lifeline Connection** 24/7 to confidential support with counselors and mental health professionals in Vermont.

**988 call/text** or go to [samhsa.gov/find-help/988](https://samhsa.gov/find-help/988)

**NAMI (National Alliance on Mental Illness) Helpline**

**800-950-NAMI; Text "NAMI" to 741741** or go to [nami.org/help](https://nami.org/help)

**Pathways Vermont Peer support line open 24/7**

**833-888-2557 call/text** or go to [pathwaysvermont.org/vermont-support-line](https://pathwaysvermont.org/vermont-support-line)

**VT Crisis Text Line** Free 24/7 support and information for anyone in any type of crisis.

**Text "VT" to 741741** or go to [vtcrisistextline.org](https://vtcrisistextline.org)

## VERMONT-BASED CRISIS LINES

**Addison County:** Counseling Service of Addison County  
[CSAC-VT.ORG](https://CSAC-VT.ORG)

**802-388-7641**

**Bennington County:** United Counseling Service  
[UCSVT.ORG](https://UCSVT.ORG)

**802-362-3950 (Manchester)**  
**802-442-5491 (Bennington)**

**Chittenden County:** Howard Center  
[HOWARDCENTER.ORG](https://HOWARDCENTER.ORG)

**802-488-7777**

**Franklin and Grand Isle Counties:** Northwestern Counseling and Support Services (NCSS) [NCSSINC.ORG](https://NCSSINC.ORG)

**802-524-6554**

**Lamoille County:** Lamoille County Mental Health  
[LAMOILLE.ORG](https://LAMOILLE.ORG)

**802-888-5026** (M-F 8am to 4:30pm)  
**802-888-8888** (Weekends, after 4:30 weekdays)

**Orange County:** Clara Martin Center  
[CLARAMARTIN.ORG](https://CLARAMARTIN.ORG)

**800-639-6360**

**Orleans and Essex Counties:** Northeast Kingdom Human Services [NKHS.ORG](https://NKHS.ORG)

**802-334-6744 (Derby)**  
**802-748-3181 (St. Johnsbury)**

**Rutland County:** Rutland Mental Health Services & Community Care Network [RMHSCCN.ORG](https://RMHSCCN.ORG)

**802-775-1000**

**Washington County:** Washington County Mental Health  
[WCMHS.ORG](https://WCMHS.ORG)

**802-229-0591**

**Windsor and Windham Counties:** Health Care & Rehabilitation Services [HCRS.ORG](https://HCRS.ORG)

**800-622-4235**

# OTHER VERMONT RESOURCES

**Connecting Cultures/NESTT (New England Survivors of Torture and Trauma)** Clinical services and outreach for refugees, immigrants, and asylum seekers.

[CONNECTINGCULTURESVT.ORG/MENTAL-HEALTH-SERVICES](https://CONNECTINGCULTURESVT.ORG/MENTAL-HEALTH-SERVICES)

**Farm First/Farmer Peer Support Network**  
Farm First is a free, Vermont-based program providing farmers and their families with support, resources and information to reduce stress.

**802-318-5538** (M-F 8am to 4:30pm)  
**877-493-6216** (outside of daytime work hours)  
[FARMFIRST.ORG/PEER-SUPPORT-NETWORK](https://FARMFIRST.ORG/PEER-SUPPORT-NETWORK)

**Spectrum Youth & Family Services**  
Empowers teenagers, young adults, and their families to make and sustain positive changes through prevention, intervention, and life skills services.

[SPECTRUMVT.ORG/NEED-HELP-NOW](https://SPECTRUMVT.ORG/NEED-HELP-NOW)

**Vermont Older Adults Helpline** Toll-free, confidential Helpline for older Vermonters.

**1-800-642-5119** (M-F 8:30am – 4:30pm)  
After hours, please leave a message on the Helpline and they will reach out to you during their business hours.  
[AGEWELLVT.ORG/SERVICES/HELPLINE](https://AGEWELLVT.ORG/SERVICES/HELPLINE)

**Veterans Crisis Line** 24/7, confidential crisis support for Veterans and their families.

Call **800-273-8255** and Press 1; Text **838255**  
[VETERANSCRISISLINE.NET](https://VETERANSCRISISLINE.NET)

## Here are some of the ways to find a therapist:

- Consulting your physician
- Calling Vermont 211
- EAP (Employee Assistance Program) at your workplace
- Asking your health insurance carrier



**United Way of  
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This resource is adapted from [An Employer's Guide to Supporting Employee Mental Health](#), a toolkit developed by United Way of Northwest Vermont's Working Bridges program and the Mental Health Initiative.