



**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

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

NAMI (National Alliance on Mental Illness) Helpline

800-950-NAMI; Text "NAMI" to 741741 or go to nami.org/help

Pathways Vermont Peer support line open 24/7

833-888-2557 call/text or go to 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

VERMONT-BASED CRISIS LINES

Addison County: Counseling Service of Addison County
CSAC-VT.ORG

800-388-7641

Bennington County: United Counseling Service
UCSVT.ORG

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

Chittenden County: Howard Center
HOWARDCENTER.ORG

802-488-7777

Franklin and Grand Isle Counties: Northwestern Counseling and Support Services (NCSS) NCSSINC.ORG

802-524-6554

Lamoille County: Lamoille County Mental Health
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

800-639-6360

Orleans and Essex Counties: Northeast Kingdom Human Services NKHS.ORG

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

Rutland County: Rutland Mental Health Services & Community Care Network RMHSCCN.ORG

802-775-1000

Washington County: Washington County Mental Health
WCMHS.ORG

802-229-0591

Windsor and Windham Counties: Health Care & Rehabilitation Services 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

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

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

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

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

Call **800-273-8255** and Press 1; Text **838255**
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



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.