United Way of Northwest Vermont

Mental Health Resources For Natural Disasters

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/get-help**
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	**802-388-7641**
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

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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.