



## For Immediate Release

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### COVID Support VT Hires Support Counselors

**Montpelier, VT (Oct 21, 2020)**— Many Vermonters feel deepened anxiety, loneliness, and uncertainty about the future due to the impacts of COVID-19, all of which take a heavy toll on daily life. To help alleviate the extraordinary impacts of the pandemic in our state, [COVID Support VT](https://covidsupportvt.org) helps people cope with the pandemic through information, emotional support and connections to community services that promote resilience, empowerment and recovery. To address this increased need, COVID Support VT has recently added three counselors embedded in 2-1-1 to support Vermonters through this challenging time.

“We know there are increased stressors from the pandemic and are glad to expand our mental health outreach through the three COVID Support Counselors. These counselors will be available to Vermonters and embedded in the easy to access 2-1-1 call center,” said Sarah Squirrell, Commissioner of the Department of Mental Health.

The COVID Support Counselors will focus on brief support, information about community supports, wellness, and resiliency and connecting Vermonters to existing community resources, “The low COVID rates we continue to see have required a lot of sacrifice from our community members, and COVID Support VT is here to help us through the tough times,” Squirrell continued.

COVID Support Counselor services are strengths-based, anonymous, and offered at no cost. These services include:

- Brief support counseling and connections to community resources through 2-1-1
- Easy-to-access information and helpful tips for emotional well-being
- Partnerships with community organizations that provide crucial services
- Virtual group counseling

COVID Support VT complements the mental health and community services that already exist throughout Vermont. This program is another resource to help ensure Vermonters are supported and can thrive during such unusual and trying times. Funding is provided through a grant from the Federal Emergency Management Agency (FEMA), and [Vermont Care Partners \(VCP\)](https://vermontcarepartners.org) is administering the crisis counseling grant under an agreement with the Vermont Department of Mental Health.

For more information and to access resources, call 211, visit [covidsupportvt.org](https://covidsupportvt.org), or email [info@covidsupportvt.org](mailto:info@covidsupportvt.org).

## **About COVID Support VT**

COVID Support VT offers assistance through education, emotional support, and connections to community services that promote resilience, empowerment, and recovery. The program is administered by the Vermont Department of Mental Health, Vermont Care Partners, and in conjunction with other community services in our State. Grant funded by FEMA.

Learn more at <https://covidsupportvt.org/> or look for COVID Support VT on Instagram, Facebook, and Twitter.

## **About Vermont Care Partners (VCP)**

VCP is a statewide network of community-based agencies providing mental health, substance use, and intellectual and developmental disability services and supports. VCP agencies support Vermonters to lead healthy, safe, and satisfying lives community by community. Learn more at <https://vermontcarepartners.org/>.

## **About Vermont Department of Mental Health (DMH)**

DMH works to improve the conditions and well-being of Vermonters and protect those who cannot protect themselves. The Individuals and families that DMH supports in Vermont's communities want the same things we all want; safe homes, close friends, loving relationships, good health, and something meaningful to do each day. Our job is to help them succeed.

Learn more at <https://mentalhealth.vermont.gov>.