You are not alone
We are here to help

Call one of our COVID Support Counselors at 2-1-1, option #2.

- Emotional support and a listening ear
- All supports are confidential and free
- Available Monday–Friday, 8am–8pm
- Weekly virtual wellness groups
- Connections to community resources
- Interpreter services and a Spanish-speaking counselor are available

@COVIDSupportVT | Find more resources at COVIDSupportVT.org

2-1-1
Get Connected. Get Help.™

If you have difficulty reaching 2-1-1, try 866-652-4636 (option #2).

COVID SUPPORT VT

Promoting mental health and wellness for all

WITH SUPPORT FROM

VERMONT CARE PARTNERS

VERMONT
AGENCY OF HUMAN SERVICES
Department of Mental Health

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Need help? Call 2-1-1, option #2 COVIDSupportVT.org