

COUNSELING RESOURCES

CRISIS SUPPORTS

Places to receive support during a crisis

- NATIONAL SUICIDE & CRISIS LIFELINE**.....988
- VT WARM LINE** (staffed by local peers).....833-888-2557
- TEXT CRISIS LINE**.....TEXT: VT TO 741741
- THE TREVOR PROJECT** (LGBTQ Crisis Hotline)...1-866-488-7386
- NATIONAL MATERNAL MENTAL HEALTH HOTLINE**.....1-833-852-6262
- VETERANS CRISIS LINE**.....1-800-273-8255 PRESS 1
- CENTRAL VERMONT COMMUNITY CRISIS CENTER:**
THE ACCESS HUB
34 Barre St.
Montpelier.....802-301-3200
Provides support, assessment, brief treatment, safety planning, and connection to additional services.

SUPPORT SEARCH SITES

Places to search for a therapist or other resources

- VERMONT COUNSELING NETWORK**
vermontcounselingnetwork.com
Allows you to search Vermont based and Vermont licensed counselors with openings now.
- PSYCHOLOGY TODAY**
psychologytoday.com
A broader search tool for private practice therapists across the country.
- NATIONAL ALLIANCE FOR EATING DISORDERS SEARCH TOOL**
findedhelp.com
The leading national non-profit organization providing education, referrals, and support for all individuals experiencing eating disorders, as well as their loved ones.
- VT HELPLINK ALCOHOL & DRUG SUPPORT CENTER**
vthelplink.org
A statewide public resource for finding substance use treatment and recovery services in Vermont.

TELEHEALTH OPTIONS

Places to receive support via video, online or via phone

- TALK SPACE** talkspace.com
Accepts insurance
- BETTERHELP** betterhelp.com
Does not accept insurance, low flat fee
- AMWELL** amwell.com
Accepts insurance
- DOCTOR ON DEMAND** doctorondemand.com
Accepts insurance

MD LIVE mdlive.com

Accepts insurance

REGAIN regain.us

Couples & individual therapy, does not accept insurance, weekly fee

TEEN COUNSELING teencounseling.com

Ages 13-19, does not accept insurance, weekly fee

7 CUPS OF TEA 7cups.com

Free 24/7 listening service (not provided by licensed professional) or fee based counseling with licensed professional

DBT FOR YOU dbtforu.org..... 603-285-9129

Youth DBT Virtual Support Groups

SUPPORT DELIVERED healthvermont.gov/family/family-

planning-pregnancy/support-delivered-perinatal-mood-and-anxiety-info-resources

Perinatal Mood and Anxiety Info & Resources

MAN THERAPY mantherapy.org

Men's mental health campaign

LIVE WELL livewell-foundation.org

Nonprofit organization with Free peer-run depression support

DESIGNATED MENTAL HEALTH AGENCIES

Your local designated agency which can provide counseling, support groups and other resources

ADDISON COUNTY:

Counseling Service of Addison County.....(802) 388-6751

ORANGE COUNTY: Clara Martin Center.....(802) 728-4466

BENNINGTON COUNTY:

United Counseling Service.....(802) 442-5491

FRANKLIN & GRAND ISLE COUNTIES:

Northwestern Counseling & Support Services(802) 524-6554

CHITTENDEN COUNTY: Howard Center.....(802) 488-7777

LAMOILLE COUNTY:

Lamoille County Mental Health.....(802) 888-5026

CALEDONIA, ESSEX & ORLEANS COUNTIES:

Northeast Kingdom Human Services.....(802) 748-3181

RUTLAND COUNTY:

Rutland Mental Health Services.....(802) 775-2381

WASHINGTON COUNTY:

Washington County Mental Health Services.....(802) 229-0591

WINDSOR & WINDHAM COUNTIES:

Healthcare & Rehabilitation Services.....(802) 295-3031

Resources continued on back



COUNSELING RESOURCES

SPECIALIZED SUPPORT SERVICE AGENCIES

Additional specialized supports

PATHWAYS VERMONT

pathwaysvermont.org.....(888) 492-8218
Mission is to end homelessness and provide innovative mental health alternative

VERMONT CENTER FOR ANXIETY CARE

vtcenterforanxietycare.com.....802-865-3450 (ext.480)
A private practice offering skilled therapy for anxiety and numerous other conditions and issues.

VERMONT CENTER FOR RESILIENCY

vtresiliency.com.....802-865-3450 (ext. 120)
A clinical practice specializing in building resilience through our therapy and counseling work. We are a group of clinicians who have foundations in resiliency-based trauma-informed practice.

INTIMATE PARTNER VIOLENCE SUPPORT

Places to receive support and resources if you are in an unhealthy or unsafe relationship

SAFELINE (24/7).....1-800-639-7233
safelinevt.org

Provides a 24/7 toll free number that offers support, safety planning, information and referrals as well as in person support and legal, economic and medical advocacy.

MOSAIC (24/7).....(802) 479-5577
mosaic-vt.org

Nonprofit agency for Washington's County's sexual violence prevention and response.

GIFFORD SANE (Sexual Assault Nurse Examiners) NURSES

Forensically trained nurses available to provide trauma-informed services at Gifford. Have a staff member page or call the SANE team.

This list is meant to be used as a resource and is not a recommendation of services from Gifford

