



You Are Never Alone

If you are dealing with an emotional, mental health, or substance use crisis, we are here for you.

Available 24/7

Enhanced **MOBILE CRISIS** Services

Available to
all Vermonters
regardless of ability
to pay

We can come to you:

- **2-person response from people in your county**
- **Receive support**
- **Lower your stress level**
- **Feel better**



To receive support, call the number for the agency near you (listed on reverse) or call or text 9-8-8

For more info: www.GotHelpVT.org

Help is available.

Contact the community mental health agency for your county:

County	Phone Number	Provider
Addison	(802) 388-7641	Counseling Service of Addison County (CSAC)
Bennington	(802) 442-5491	United Counseling Service, Inc. (UCS)
Caledonia	(800) 649-0118	Northeast Kingdom Human Services (NKHS)
Chittenden	(802) 488-7777	Howard Center
Essex	(800) 649-0118	Northeast Kingdom Human Services (NKHS)
Franklin & Grand Isle	(802) 524-6554, ext. 1	Northwestern Counseling & Support Services (NCSS)
Lamoille	(802) 888-5026	Lamoille County Mental Health Services
Orange	(800) 639-6360	Clara Martin Center
Orleans	(800) 649-0118	Northeast Kingdom Human Services (NKHS)
Rutland	(802) 775-1000	Rutland Mental Health Services
Washington	(802) 229-0591	Washington County Mental Health Services (WCMHS)
Windham & Windsor	(800) 622-4235	Health Care & Rehabilitation Services (HCRS)

You may also dial 9-8-8 to be connected to the provider for your area

**If you have
a life threatening or
medical emergency, dial
9-1-1**