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## Mental Health Emergency Services Remain Available During Coronavirus Outbreak

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The news about the Coronavirus has been unsettling for many. The Vermont Department of Health is closely monitoring the spread of the Coronavirus and provides current information on their [website](#).

Please know that during this outbreak, mental health emergency services remain available. Screening protocols will be in place, and please note that mental health facilities, residential facilities and programs are following [Governor Scott's Executive Order](#) regarding restrictions on visitation. Please contact your local agency for guidance prior to visiting a residence.

### **How to Get Help: Contact Your Local Community Mental Health Agency**

[Clara Martin Center](#) Crisis Line: 1-800-639-6360

[Counseling Service of Addison County](#) Crisis Line: 1-800-388-7641

[Howard Center](#) Crisis Line: 1-802-488-7777 (First Call for Chittenden County)

[Heathcare and Rehabilitation Services](#) Crisis Line: 1-800-622-4235

[Lamoille County Mental Health](#) Crisis Line: 1-802-888-5026 (Monday through Friday 8am to 4:30pm)  
1-802-888-8888 (weekends and after 4:30 weekdays)

[Northwestern Counseling and Support Services](#) Crisis Line: 1-802-524-6554

[Northeast Kingdom Human Services](#) Crisis Line: (Derby) 1-802-334-6744 (St. Johnsbury) 1-802-748-3181

[Pathways](#) Peer Support Line call or text 1-833-888-2557

[Rutland Mental Health Services](#) Crisis Line: 1-802-775-1000

[United Counseling Service](#) Crisis Line: (Manchester) 1-802-362-3950 (Bennington) 1-802-442-5491

[Washington County Mental Health](#) Crisis Line: 1-802-229-0591

[More resources on back]

## OTHER SUPPORT AT YOUR FINGERTIPS, 24/7

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via the medium people already use and trust: text.

Here's how it works:

1. Text "VT" to 741741 from anywhere in the USA, anytime, about any type of crisis.
2. A live, trained Crisis Counselor receives the text and responds quickly.
3. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.

For more information please visit <http://vtcrisistextline.org/>.

If you are feeling suicidal, please reach out. Help is here. The [National Suicide Prevention Lifeline](#) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals - **1-800-273-8255**.

[Vermont 2-1-1](#) can also provide information on resources.

### What to do if you are sick

- **Stay home and call your doctor.** People who are mildly ill with COVID-19 are able to isolate at home during their illness. Call ahead before visiting your doctor. Do not go to the doctor's office unless instructed to do so. Anyone who does not have a health care provider can call 2-1-1 to be connected to a clinic in their area.
- **Do not go to or visit any hospitals or long-term care facilities unless absolutely necessary.** This is to protect everyone's health, including patients and staff.
- **Separate yourself from other people and animals in your home.** As much as possible, you should stay in a specific room and away from other people and animals in your home. Also, you should use a separate bathroom, if available. Avoid sharing personal household items.
- **Wear a facemask if you are sick around other people and pets.**
- **Cover your coughs and sneezes and clean your hands often.**
- **Clean all "high-touch" surfaces every day.** These include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

For more information, visit the CDC's ["Steps to help prevent the spread of COVID-19 if you are sick."](#) [\(link is external\)](#)