



I'm Struggling. Which Vermont-Based Mental Health Response Line Is Right for Me?

Name	Number	Hours of Operation	Types of Support Provided	A Typical Call
Designated Agency Mental Health Crisis Lines	Varies by region: numbers available here.	24/7	Crisis clinicians evaluate individuals at imminent risk and refer to higher level services, as well as provide crisis stabilization to prevent needing higher levels of care.	-Caller is concerned about themselves or a family member with suicidal thoughts/actions
Pathways Vermont Support Line	833-VT-TALKS (833-888-2557) - phone/text	24/7	Peer operators offer a listening ear for any identified need, crisis or not. Not limited by time or number of calls/day. No mental health screening.	-Caller wants to vent about a challenging relationship -Caller is exploring their gender identity but not ready to talk with friends/family
COVID Support VT	2-1-1, option #2	Mon-Fri, 8am-8pm	Counselors provide emotional support and connections to resources and treatment available in the caller's community. Weekly Virtual Wellness Groups offered Tuesdays, 1pm and 5pm, as well as self-help tips via website.	-Caller needs emotional support related to the pandemic - Caller needs help navigating community resources

All options are free and confidential, and you will receive support at any number you call.

Want something different? Find more national hotline resources [here](#), or text "VT" to 741741 for Vermont Crisis Text Line.