

**You are not alone
We are here to help**

**COVID
SUPPORT VT**

Promoting mental health and wellness for all



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

During these difficult times, you may need:

- Emotional support and a listening ear
- Connections to community resources

Call 2-1-1 today!

- All supports are anonymous and free
- Available Monday–Friday, 8am–8pm

WITH SUPPORT FROM



VERMONT
CARE
PARTNERS



VERMONT
AGENCY OF HUMAN SERVICES
Department of Mental Health



Get Connected. Get Help.™



If you experience difficulty reaching 2-1-1, try 866-652-4636.

   @COVIDSupportVT | Find more resources at COVIDSupportVT.org.