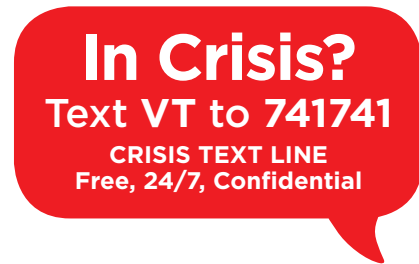


# Need Confidential Help for Mental Health?

- ◆ Call the Pathways Support Line – 18+ Adult:  
**(833) VT-TALKS / (833) 888-2557**
- ◆ Talk to someone you trust – a family member, friend, health care provider or faith leader
- ◆ Call **2-1-1** to connect to your local mental health agency and COVID supports
- ◆ Call the National Suicide Prevention Lifeline:  
**800-273-TALK (8255)**
- ◆ **Resources for help can be found at:**  
**www.sprc.org** and **www.vtspc.org**





[www.vtspc.org](http://www.vtspc.org)