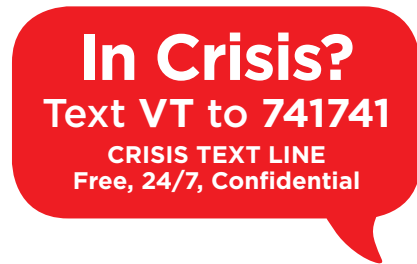


# Need Confidential Help for Mental Health?

- ◆ 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 or text **9-8-8** for the Suicide and Crisis Lifeline
- ◆ **Resources for help can be found at:**  
[www.sprc.org](http://www.sprc.org) and [www.vtspc.org](http://www.vtspc.org)





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