

Need Confidential Help for Mental Health?

- Call the Pathways Support Line – 18+ Adult:
(833) VT-TALKS / (833) 888-2557
- 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)
- Talk to someone you trust – a family member, friend, health care provider or faith leader
- **Resources for help can be found at:**
www.sprc.org and www.vtspc.org

Need Confidential Help for Mental Health?

In Crisis?

Text VT to 741741

CRISIS TEXT LINE
Free, 24/7, Confidential

THE **TREVOR** PROJECT
Saving Young LGBTQ Lives
LGBTQ CRISIS HOTLINE:
CALL 1-866-488-7386

NATIONAL
SUICIDE PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

  **Veterans**
Crisis Line
1-800-273-8255 **PRESS 1**