

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 or text **9-8-8** for the Suicide and Crisis Lifeline
- 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

988 SUICIDE & CRISIS
LIFELINE



**Veterans
Crisis Line**

DIAL 988 then **PRESS 1**