

COMMUNITY RESOURCES

CRISIS SERVICES

(24 hours, 7 days/week emergency services)

- First Call (Children and Family Crisis): (802) 488-7777
- HOPE Works: (802) 863-1236
- Steps to End Domestic Violence: (802) 658-1996
- VT Emergency Relief from Abuse Orders: (800) 540-9990
- National Human Trafficking Hotline: (888) 373-7888

COMMUNITY SERVICES

- Association of Africans Living in Vermont (AALV): (802) 985-3106
- Age Well: (802) 865-0360, Helpline (800) 642-5119
- Chittenden Community Action: 255 S. Champlain St. Burlington, (802) 863-6248
- DCF Family Services Division (FSD): (802) 863-7370
- Greyhound Through Burlington Airport: (802) 864-6811
- Howard Center: (802) 488-6000
- Howard Center Community Outreach Team: (802) 488-7778
- Joseph's House (financial assistance): 113 Elmwood Ave. Burlington, (802) 951-4290
- JUMP: 38 S. Winooski Ave. Burlington, 2nd floor; 862-4501, 8 am-4 pm M-F
- Local Bus (Green Mountain Transit): (802) 540-2468
- Long-Distance Bus (Green Mountain Transit): (802) 864-0211

- Pride Center of VT (formerly RU12): 255 S. Champlain St. Burlington, Suite 12, (802) 860-7812
- ReSOURCE (formerly Recycle North): 339 Pine St. Burlington, (802) 864-4015
- Salvation Army (Utility & Grocery Assistance): (802) 864-6991
- Spectrum Youth and Family Services (under age 21): 177 Pearl St. Burlington, (802) 864-7423
- Vermont 2-1-1 Services: 2-1-1
- Vermont U.S. Committee for Refugees and Immigrants: (802) 655-1963

COUNSELING SERVICES

- Act 1/Bridge Program: (802) 488-6425
- Howard Center Adult Outpatient Counseling: (802) 488-6000
- Outright VT (LGBTQIA+ Youth Crisis Support): (802) 865-9677
- Spectrum Youth and Family Svcs (Riverstone): (802) 864-7423 ext. 310

VETERANS RESOURCES

- Burlington Lakeside Community Based Outpatient Clinic: (802) 657-7000
- South Burlington Vet Center (for Combat Veterans): (802) 862-1806
- Veteran Crisis Line: (800) 273-8255
- Office of Veterans Affairs: (802) 828-3379
- VT Dept. of Labor, Burlington Career Resource Center: 63 Pearl St., Burlington. (802) 863-7676

- VT Support Services for Veteran Families (SSVF): (802) 656-3232
- Josh's House: (802) 495-5915
- Support Services for Veteran Families at UVM: (844) 820-3232
- Vermont Veterans and Family Outreach: (802) 338-3022

FOOD

- Chittenden Emergency Food Shelf: 228 N. Winooski Ave., Burlington 658-7939
 - Hot Meals: 8:30 am-4pm M-F at front doors, and 8:30 am-2:30pm M-F in cafeteria
 - One-on-one assistance hours: 2:30 pm-4pm M-F
- COTS Daystation: 179 S. Winooski Ave. Burlington , (802) 862-5418 - noon daily
- Salvation Army, 64 Main St. Burlington, (802) 864-6991
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- Spectrum Youth & Family Svcs Drop-In Center: 177 Pearl St. Burlington, 864-7423

SHELTERS

- ANEW Place (formerly Burlington Emergency Shelter): 89 North St. Burlington, (802) 862-9879 (24 hours)
- COTS Daystation: 179 S. Winooski Ave. Burlington, (802) 862-5418, 9 am-5 pm
- COTS Family Shelters: 864-2651 (24 hours)
- COTS Waystation: 187 Church St. Burlington, 862-7776, 6 pm-8 am
- Spectrum Youth Shelter (under age 21): 177 Pearl St. Burlington, (802) 864-7423, x351

HOUSING

- Burlington Housing Authority: 65 Main St. Burlington, (802) 864-0538
- Champlain Housing Trust: (802) 862-6244
- COTS Housing Resource Center: (802) 861-0110, 9 am-5 pm T-F
- CVOEO Coordinated Statewide Housing Services: (802) 862-2771
- Pathways to Housing: (888) 492-8218
- Chittenden Housing Corporation: 83 Barlow St., Winooski, (802) 655-2360; 9 am-5 pm M, and 24 hours on Sundays
- Vermont Tenants Inc.: (802) 864-0099, (800) 287-7971
- Winooski Housing Authority: (802) 655-2360

EMPLOYMENT SERVICES

- DCF Economic Services Division (ESD): (800) 479-6151
- VT Dept of Labor Career Resources: (802) 863-7676
- Hirability VT (Formerly Vocational Rehabilitation): (802) 863-7500
- VT Works for Women: (802) 655-8900, M-F 8:30 am-4:30pm
- Social Security Administration: 128 Lakeside Ave., (800) 772-1213

LEGAL SERVICES

- Vermont Legal Aid: (800) 889-2047

MEDICAL SERVICES

- Community Health Center: 617 Riverside Ave. Burlington, (802) 864-6309
- Planned Parenthood: 173 St Paul St. Burlington, (802) 863-6326
- Poison Center: 24/7, (800) 222-1222
- Safe Harbor Clinic: 184 S Winooski Ave. Burlington, (802) 264-8477
- UVMHC Urgent Care: 790 College Pkwy, Colchester, (802) 847-1170
- UVMHC Emergency Room: 111 Colchester Ave. Burlington, (802) 847-2434
- VT Cares (HIV Testing): 187 St Paul St. Burlington, (802) 863-2437
- UVM Health Network Home Health & Hospice: (802) 658-1900

Other Important Resources:

U.S. Department of Labor, Mental Health at Work

<https://www.dol.gov/general/mental-health-at-work#resources-for-workers>

Source: NAMI – VT <https://namivt.org/resources/#nami-resources>

Vermont & National Crisis Lines

- ✓ NAMI Vermont's *Resource Guidebook* has many resources.
- ✓ Crisis Lines for Community Mental Health *Designated Agencies* for your county
- ✓ 24 hr: **NAMI National Helpline** (800) 950-6264
- ✓ 24 hr: **Crisis Text Line** text "VT" to 741741
- ✓ 24/7 hr: **Pathways Vermont Support Line** (833) VT-TALKS / (833) 888-2557 or text (833) 888-2557
- ✓ 10am-10pm M-F: **NAMI Teen & Young Adult HelpLine** (800) 950-NAMI (6264) or Text Friend to 62640
- ✓ 3pm-9pm: **Peer-operated Youth Hotline** (877) YOUTHLINE or (877) 968-8454
- ✓ 24 hr: **988 Suicide and Crisis Lifeline** 988 or (800) 273-TALK or (800) 273-8255
- ✓ 24 hr: **National Hopeline Network** (800) 442-HOPE or (800) 442-4673
- ✓ 24 hr: **Veterans Suicide Prevention Line** (800) 273-8255, #1
- ✓ 24 hr: **National Domestic Violence Crisis** (800) 799-SAFE or (800) 799-7233
- ✓ 24 hr: **National Sexual Assault Line** (800) 656-HOPE or (800) 656-4673
- ✓ 24 hr: **Suicide Hotline** (800) SUICIDE or (800) 784-2433
- ✓ 24 hr: **Trevor Hotline/LGBTQ Youth** (866) 488-7386 or text "START" to 678-678
- ✓ 24 hr: **National Runaway Switchboard** (800) RUNAWAY or (800) 786-2929
- ✓ 24 hr: **Native American Youth Crisis** (877) 209-1266
- ✓ 24 hr: **Poison Control Line** (800) 222-1222
- ✓ 24 hr: **Disaster Distress Helpline** (800) 985-5990 or text "TalkWithUs" to 66746