

MENTAL HEALTH, SUBSTANCE USE, DISABILITY SERVICES FOR YOUTH AND ADULTS

Howard Center Community Outreach Team

Social workers available to help community members with a variety of social service needs.

Contact: 802-488-7778
www.howardcenter.org

First Call Chittenden County

Phone support, crisis intervention and assessment, service referrals, and connection to follow-up care available 24/7/365.

Contact: 802-488-7777
www.howardcenter.org

Pathways Vermont Support Line

Warm line providing confidential, peer-to-peer support 24/7 for Vermonters over 18. Also provides housing first, Soteria House, support for Veterans, and more.

Contact: 833-888-2557
www.pathwaysvermont.org

Spectrum Youth & Family Services

Supports youth through drop-in, housing, counseling, and health services.

Contact: 802-864-7423
www.spectrumvt.org

Age Well Vermont Helpline

Provides expertise on a variety of issues for aging Vermonters.

Contact: 1-800-642-5119
www.agewellvt.org/services/helpline

IN CRISIS?

If you or someone you know is struggling or needs support ASAP, call or text 988 or visit www.988lifeline.org
You are not alone.

MUNICIPAL RESOURCES

City of Essex Junction Municipal Office

2 Lincoln St. Essex Junction

Contact: 802-878-6944
www.essexjunction.org

Brownell Library

6 Lincoln St. Essex Junction

Contact: 802-878-6955
www.brownelllibrary.org

Essex Junction Recreation & Parks (EJRP)

75 Maple St. Essex Junction

Contact: 802-878-1375
www.ejrp.org

Town of Essex Municipal Office

81 Main St. Essex Junction

Contact: 802-878-1341
www.essexvt.gov

Essex Free Library

1 Browns River Road Essex Junction

Contact: 802-879-0313
www.essexfreelibrary.org

Essex Parks and Recreation

81 Main St. Essex Junction

Contact: 802-878-1342
www.essexvt.gov

Essex Community Justice Center

Offers many support services with restorative approaches to crime and conflict.

Contact: 802-873-7690
www.essexcjc.org

ESSEX, VT COMMUNITY RESOURCE GUIDE

2025



Our communities and the State of Vermont are home to many food and social service groups for those in need of assistance, whether temporary or long-term. Please consider using this reference as a starting point for you or someone you know.

Want to Help?

Many of these resources are frequently seeking volunteers or food/monetary donations. Reach out to them directly!

FOOD PANTRIES SERVING ESSEX

Aunt Dot's Place

51 Center Road, Suite B, Essex

Hours: Tuesday, 6:00 - 7:30 PM;
Thursday, 9:00 - 11:00 AM; Saturday, 9:00 - 11:00 AM

Contact: 802-662-5614
www.auntdotsplace.com

Essex Jericho Underhill Ecumenical

273 VT-15, Jericho

Hours: 3rd Saturdays, 9:00 - 11:00 AM

Contact: 802-899-3932
www.ejufoodshelf.com

Heavenly Food Pantry

39 Main Street, Essex Junction

Hours: 2nd Monday of the month, 5:30 - 7:30 PM
4th Thursday of the month, 3:00 - 6:00 PM
(3rd Thursday for November and December)

Contact: 802-878-5745
www.fccej.org/v5/SERVING-OTHERS/HEAVENLY-FOOD-PANTRY

Westford Community Food Shelf

1 White Church Ln, Westford

Hours: 3rd Saturday, 8:00 - 10:00 AM

VERMONT 2-1-1

Dial 2-1-1 to be connected to an extensive list of important community resources.

Contact: 211
www.vermont211.org

FOOD ASSISTANCE

Vermont Foodbank Food for Older Adults

Delivers free staple foods to local pick-up sites for income-eligible people age 60+

Contact: 1-800-214-4648
www.vtfoodbank.org/access-food/commodity-supplemental-food-program

Feeding Champlain Valley

228 North Winooski Avenue, Burlington

Meals: Monday - Friday, 9:00 - 11:00 AM,
Grab and Go Meals: Monday - Friday, 9:00 AM - 2:30 PM
Groceries: Monday - Friday, 9:30 AM - 2:30 PM

Contact: 802-658-7939
feedingchamplainvalley.org

Essex Westford School District

www.ewsd.org/page/child-nutrition

All students in grades K-12 can receive free breakfast and lunch at school thanks to Universal Free Meals.

RESOURCES FOR NEW AMERICANS

AALV

www.aalv-vt.org

USCRI Vermont

<https://refugees.org/uscri-vermont/>

FINANCIAL SUPPORT AND ASSISTANCE

Economic Services Division

Helps income-eligible Vermonters meet their needs. A few of their services are listed below.

3 Squares VT

Helps Vermonters buy food.

Reach Up

Supports households with children.

Farm to Family

Helps Vermonters buy fresh, local food.

Fuel Assistance

Helps Vermonters pay their heating bill.

Essential Person

Helps Vermonters afford essential, live-in care.

Contact: 1-800-479-6151
www.dcf.vermont.gov/ESD

Women, Infants, and Children (WIC)

Provides healthy foods, breastfeeding support, nutrition education, counseling, and resources to income-eligible Vermonters who are pregnant or caregivers of children under 5.

Contact: 1-800-464-4343
www.healthvermont.gov/family/wic

Joint Urban Ministry Project (JUMP)

JUMP provides assistance in the form of vouchers to pay utility bills, purchase groceries, transportation gas assistance, laundry, cleaning supplies, prescription co-pay, and basic essential goods.

Contact: 802-862-4501
www.jumpvt.org

Champlain Valley Office of Economic Opportunity

CVOEO provides support for housing, food assistance, heating fuel and utilities, and shelter services.

Contact: 802-862-2771
www.cvoeo.org