

**You are not alone  
We are here to help**

**COVID  
SUPPORT VT**

*Promoting mental health and wellness for all*



## ***Call one of our COVID Support Counselors at 2-1-1.***

**During these difficult times, you may need:**

- Emotional support and a listening ear
- Connections to community resources

## **Call 2-1-1 today!**

- All supports are anonymous and free
- Available Monday–Friday, 8am–8pm

WITH SUPPORT FROM



VERMONT  
CARE  
PARTNERS



VERMONT  
AGENCY OF HUMAN SERVICES  
Department of Mental Health



Get Connected. Get Help.™



***If you experience difficulty reaching 2-1-1, try 866-652-4636.***



**@COVIDSupportVT | Find more resources at COVIDSupportVT.org.**