

If you or someone you know are in crisis  
call 1-800-273-TALK (8255) or Text VT to 741741  
24 Hour Suicide and Crisis Lifeline: 988

Other Resources:

Dept of Mental Health: <https://mentalhealth.vermont.gov/suicide-prevention>

Vermont Suicide Prevention Center (VTSPC) : [VT Suicide Prevention Center](#)

[VTSPC Resources](#)

[VT Suicide Loss Grief Support Groups \(June, 2022\)](#)