

# Help is One Call Away

24/7 Support

## Substance Use Support

- Prevention
- Naloxone
- Syringe Services
- Drug Disposal
- Treatment Programs
- Recovery Support

[VTHelpLink.org](https://VTHelpLink.org)

☎ 802-565-5465

## Community Resources

- Food
- Housing & Shelter
- Financial Help
- Legal Help
- Counseling
- Support Groups

[Vermont211.org](https://Vermont211.org)

☎ 211

Vermont  
Helplink

911

Whole  
Person  
Care

211

988

## Emergency Services

- Medical Emergency
- Fire
- Crime Reporting
- Disaster Response

☎ 911

## Crisis Support

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

[988Lifeline.org](https://988Lifeline.org)

☎ 988

Find more resources at  
[HealthVermont.gov/Get-Help-Now](https://HealthVermont.gov/Get-Help-Now)