

MENTAL HEALTH RESOURCES



ON-CAMPUS RESOURCES



CARE Team

The CARE Team at the University of Vermont works closely with campus partners, both on- and off-campus, to help promote student wellbeing. Students of concern can choose to schedule a meeting with a CARE Team Outreach Coordinator to discuss their experiences and create an action plan to become better connected with helpful resources. Learn more or submit at CARE Form at our [website](#).



Center for Health & Wellbeing (CHWB)

Counseling & Psychiatry Services (CAPS): For individual counseling, group counseling, and psychiatry needs, you can schedule an appointment through your [mywellbeingportal](#) or by contacting CAPS at (802) 656-3340 or health@uvm.edu. To learn more about CAPS and the services they provide or with help finding an off-campus provider, please visit their [website](#).

Let's Talk: For same-day 30-minute counseling appointments, schedule a Let's Talk session!

- Jacob's House: Mondays through Fridays from 1:00pm to 4:00pm
- WAGE (Tuesdays), MOSAIC (Wednesdays), PRISM (Thursdays) from 2:00pm to 4:00pm

Student Health Services (SHS): For integrative wellness coaching, nutrition services, and behavioral health interventions, you can schedule an appointment through your [mywellbeingportal](#) or by contacting SHS at (802) 656-3350 or health@uvm.edu. To learn more about SHS services, please visit their [website](#).

RestStop: For additional resources, health promotions, and CHWB sponsored events, visit the RestStop located in the Davis Center.

TalkCampus

- After Hours Support: For mental health support after CAPS business hours, please call (802) 656-3340 and choose option #2 to be connected with an on-call counselor.
- Peer Support: Download the app in the App Store today to be connected with anonymous peer to peer support.

VERMONT & NATIONAL RESOURCES



Crisis Resources

Emergency! If you or someone you know is experiencing an active emergency and immediate danger, please call **911** immediately.

University of Vermont Medical Center (UVMMMC)

Mental Health Urgent Care (MHUC): Receive mental health support from clinicians, peer support, medical care, and care management for community resources and continued management of needs. MHUC is located at 1 South Prospect Street, Burlington, VT. No appointment is needed and walk-ins are welcome, Mondays through Fridays from 9:00am to 5:00pm.

First Call: For crisis support available 24/7, please call (802) 488-7777. You can expect phone support, crisis intervention and assessment, referrals to appropriate resources, and connection to follow-up care.

Vermont Crisis Text Line: Text "VT" to 741741 to be connected with a crisis counselor through text message. Available 24/7.

National Suicide Prevention Lifeline: Call or text 988 for 24/7 mental health crisis support. You can also visit their "What to Expect" [website](#) to learn more about the resource and process.



Finding a Provider

211 Vermont: This service provides local resources and help based on a variety of needs. You can call 211, text your VT area code to 898211, or email info@vermont211.org. You can learn more on their [website](#) as well.

Vermont Counseling Network: Find a Vermont-based clinician who is currently accepting clients by visiting the frequently updated database of clinicians on their [website](#).

National Alliance on Mental Illness (NAMI): Provides state-specific resources on their [website](#). You can also utilize their helpline (Mondays through Fridays from 10:00am to 10:00pm) by texting HELPLINE to 62640 or calling 1 (800) 950-6264.

Arete: To learn more about this intensive outpatient program (IOP), visit their [website](#).

Aspect Counseling Group: Learn more about their nature-based mental health and addiction therapies on their [website](#), or by calling (802) 278-6265.

Crossroads: To learn more about this intensive outpatient program (IOP), visit their [website](#).

Pathways Vermont: To learn about their innovative programming, such as their community peer support, alternative hospitalization opportunities, and respite housing, visit their [website](#). You can also call or text their peer support line at 1 (833) 888-2557.

Howard Center: To learn more about this organization's resources, visit their [website](#).

Spectrum Youth & Family Services

- **Catamount Community Clinic:** To make an appointment, please call (802) 864-7423 (extension 311), or learn more on their [website](#).
- **Riverstone Counseling:** To make an appointment, please call (802) 7423 (extension 310), or learn more on their [website](#).



Identity-Based Resources

Steve Fund Crisis Text Line: Text "STEVE" to 741741 to connect with support orientated toward supporting young people of color.

Blackline: Focuses on providing peer support, counseling, reporting of mistreatment, and affirming the lived experiences of those most impacted by and vulnerable to systemic oppression. Call 1 (800) 604-5841 or download the *Call Blackline* app through your App Store.

Trans Lifeline: Call (877) 565-8860 for hotline support that focuses on connecting trans people to community, support, and resources.

LGBT National Hotline: Call (888) 843-4564 for hotline support available Monday through Friday 4:00pm to 12:00am, and Saturday 12:00pm to 5:00pm.

The Trevor Project Crisis Line: LGBTQ+ crisis support available by calling 1 (866) 488-7386 or by texting "START" to 678678. You can also visit their [website](#) to learn more about their crisis line, advocacy, and peer support resources and processes.



Interpersonal Violence Supports

HOPE Works: Advocates are available 24/7 by calling (802) 863-1236 or utilizing their [online chatline](#). On-campus office hours also provided.

National Sexual Assault Hotline (RAINN): For the hotline call (800) 656-4673, or chat online using this [link](#), available 24/7. Their [website](#) also directs you to all of RAINN's resources including specialized support for male survivors, US military, and domestic and dating violence.

Steps to End Domestic Violence: Provides free and confidential services, support, and education for domestic violence in Vermont. Call (802) 658-1996 for hotline support or visit their [website](#) for their confidential chatline.

National Domestic Violence Hotline: Call (800) 799-7233 or text "BEGIN" to 88788 for domestic violence support. Available 24/7.



Substance Use Support

Substance Abuse and Mental Health Services Administration (SAMHSA): To access their hotline, call 1 (800) 662-4375, available 24/7. To learn more about treatment options near you, text your zip code to 435748. Visit their [website](#) for additional support options.

Turning Point Center: Provides recovery support services, including recovery coaching, peer support, and wellness programming. Visit their [website](#) for hours of operation, weekly schedules of events, and for more information about their programs.

VT Helpline: Alcohol & Drug Support Center: To research more supports related to substance use, please visit their [website](#).

Want to have a conversation about resources and supports available to you? Looking for additional resources? Need support in taking these next steps?

Submit a CARE Form to connect with a member of the CARE Team.

SCAN QR CODE



University of Vermont

Division of Student Affairs
CARE Team