

Support Resources UPDATED 08.28.20

FOOD

- UVM Rally Cat Cupboard: this pantry is open to all students. It is located in Hills Building 015. Their current hours are Mondays from 4-8 and Fridays from 10-2. Follow @rallycatscupboard on Facebook and Instagram
- Check out Facebook group - “Burlington Leftovers”
- ShiftMeals
- JUMP Vermont – Apply with JUMP Flex Assistance Support (FAS) for assistance with purchasing groceries or transportation gas. If you qualify, you may receive a \$30 City Market card, \$30 Hannaford card or \$25 Shell gas card. To apply, use [this website](#).
- The City of Burlington Food Assistance
- Check in with your local grocery stores to see if they do grocery delivery and if they have special hours for the most at-risk populations [here](#)
- Feeding Chittenden
- 3 Squares Vermont
- Vermont Food Bank
- Hunger Free Vermont

RENT AND HOUSING

- Rental Housing Stabilization Program
- CVOEO Resources for Housing
- Vermont Emergency / General Assistance
- The City of Burlington Financial Assistance
- Vermont Legal Aid has resources to help with emergency housing, past due utility bills, mortgage assistance, and other things.

UTILITIES

- JUMP Vermont. Apply with JUMP Flex Assistance Support (FAS) for assistance with paying utilities. Up to \$50.
- Free Xfinity Hot Spots
- Comcast COVID Response
- 5 Tech Firms Offering Remote Work Tools Free
- Vermont Emergency / General Assistance.
- Burlington Electric Department
- Crisis Fuel Assistance
- Energy Assistance
- Fuel Assistance
- The Department of Public Service – Information related to what cable, telephone, and mobile carriers are doing to assist customers during this time.

- The Department of Public Service has developed [a map of libraries, local and state buildings, and schools](#) offering free, open Wi-Fi internet access
- The Burlington Electric Department has grants available to help pay past utility bills. Check it out [here](#)

TRANSPORTATION

- [Green Mountain Transit](#) – FREE with UVM ID
- [CarShareVT](#) - Campus memberships are subsidized for full-time students, faculty, and staff at UVM who forego permits for the duration of their CarShare Vermont membership.
- [Go Vermont](#)
- [City of Burlington Parking Updates](#)

IDENTITY SPECIFIC RESOURCES

- Mosaic Center for Students of Color
 - CAPS counselor drop-in hours are still available remotely. To schedule an appointment call (802) 656-3340
- [Office of International Education](#). Main phone contact 1-802-664-0053
- Prism Center is still offering one-on-one meetings. Email prism@uvm.edu for more information.
- [Meezan-Brittenback Student Emergency Fund](#) through the Prism Center for LGBTQ+ students
- ACCESS office can work with students on accommodations and you can contact them directly at access@uvm.edu
- [Spectrum Vermont](#) – Serving youth 12 to 26, drop-in is still open through their to-go food program. M-F 12 to 1 and 5 to 6 at their temporary location 191 Bank St. Burlington, VT. [Visit their website for more information on Spectrum supportive housing and counseling services.](#)
- [Outright Vermont](#) - has transitioned to online groups, for more info check out their website or email them at info@outrightvt.org

HEALTH AND CONNECTION

- [Vermont Department of Mental Health Vermont Peer Support Line](#): To receive non-judgmental support and speak to a "peer" call or text 833-888-2557
- [Vermont Health Care Advocate](#): A free resource available to help all Vermonters solve problems related to health care:
- Crisis Text Line: For 24/7 free, confidential counseling text HOME to 741741

- National Suicide Prevention Lifeline: For 24/7 free, confidential support for anyone in suicidal crisis or emotional distress, call 1-800-273-8255
- [VT Help Link](#) - VT Helplink is your statewide, public resource for finding substance use treatment and recovery services in Vermont.
- [COVID Support VT](#)
- [UVM CAPS](#)
- [Soundcloud Mindfulness](#)
- [UVM Center for Health and Wellbeing](#)
- Check in with your pharmacy to see if they are doing delivery medication
- [The City of Burlington Mental Health and Safety](#)
- [Front Porch Forum](#)

(SOMEWHAT) LOCAL THINGS TO DO

- [Seven Days StayTripper](#)
- [Vermont AllTrails](#)
- [Trail Finder](#)
- [City Market](#) cooking classes
- [Higher Ground](#) drive in concerts
- [Centennial Field Summer Series](#)
- Took a virtual tour of your favorite museum on [Travel+Leisure](#)
- [Vermont Art Online](#)
- [UVM Bored](#)

MISCELLANEOUS

- Students who are having financial struggles can reach out to sfs@uvm.edu.
- Check out Facebook groups like “Burlington Gifting”
- [Vermont Department of Labor Unemployment](#): To file an initial claim call **1-877-214-3330** or **1-888-807-7072**
- [The City of Burlington's page for assistance and volunteering](#)
- File for Vermont Unemployment [here](#)
- [Child Care Financial Assistance Program](#)
- [VT Legal Aid Resource Page](#) (info. there on student loans, what to say to a landlord who wants to show your rental, ...)
- If you are moving out or moving in, it is good to work out a plan with your roommates. Here are some resources that will be helpful. You can purchase low cost items and also donate to the places listed below:
 - [The Chuck-it Guide, ReSource, Restore](#)
 - [Off Campus Living Guide](#)