

# Help is here

## Suicide Prevention Lifeline

800-273-TALK (8255)

## Vermont Crisis Text Line

Text "VT" to 741741 (free, 24/7)

## IMALIVE

imalive.org (live chat)

## Veterans Crisis Line

800-273-TALK (8255), press 1

800-799-4889 (TTY)

[veteranscrisisline.net/get-help/chat](http://veteranscrisisline.net/get-help/chat) (live chat)

Text 838255



## Get the best help

- ✓ Let your therapist know at your regular appointments that you're nearing crisis
- ✓ Keep an updated list of all the drugs, medicines & supplements you take
- ✓ Keep the name and phone number of your therapist, psychiatrist, and an emergency contact with you.

See the back of this card for your **local mental health emergency service.**

## LGBTQ Resources

### GLBT National Health Center

888-843-4564

### GLBT National Youth Talkline

800-246-PRIDE (7743)

### GLBT National Senior Talkline

800-234-7243

### GLBT Peer Support Chat

[glnh.org/chat/index.html](http://glnh.org/chat/index.html)

### Trevor Lifeline (LGBTQ youth)

866-488-7386

[thetrevorproject.org/get-help-now/](http://thetrevorproject.org/get-help-now/)  
(chat)

Text "START" to 678678

### Trans Lifeline

877-565-8860



If you are in immediate danger of harming yourself or others, don't hesitate to call **911** and ask for immediate assistance.

# Mental Health Emergency Services

Addison	(802) 388-7641	
Bennington	(802) 442-5491	
Caledonia	(802) 748-3181 (800) 649-0118	
Chittenden	(802) 488-7777	
North Essex	(802) 334-6744 (800) 696-4979	
South Essex	(802) 748-3181 (800) 649-0118	
Franklin & Grand Isle	(802) 524-6554 (800) 834-7793	
Lamoille	(802) 888-5026 (802) 888-8888	8 am—4:30 pm After hours
Orange	(800) 639-6360	
Orleans	(802) 334-6744 (800) 696-4979	
Rutland	(802) 775-1000	
Washington	(802) 229-0591	
Windham & Windsor	(800) 622-4235	