

Emergency Crisis Lines

Washington County Mental Health Services

Crisis Line / Suicide / Emergency

229-0591

National Suicide & Crisis Lifeline

988

Or

Veterans: 988, then press 1

Trans Lifeline.org

1-877-565-8860

Poison Control Center

1-800-222-1222

EMERGENCIES: 9-1-1

Police Department Non-Emergency Numbers

Barre City	476-6613
Barre Town	479-0509
Berlin	223-4401
Montpelier	223-3445
Northfield	485-9181
State Police (Berlin)	229-9191
Washington County Sheriff's Dept.	223-3001

Information and Referral for community,
social, health and government organizations.

Dial 2-1-1

**Unless Otherwise Noted,
Area Code 802 MUST Be Dialed!**

Community Resources & Services

Adult Abuse Reporting	1-800-564-1612
Alcoholics Anonymous	229-5100
Another Way Community Center	229-0920
Barre Housing Authority	476-3185
Capstone Community Action	479-1053
Central Vermont Council On Aging	479-0531
Central Vermont Home Health & Hospice	223-1878
Child Abuse Reporting	1-800-649-5285
CIRCLE (Battered Women Svcs)	1-877-543-9498
Co-Dependents Anonymous (CODA)	1-888-444-2359
Deaf & Deafblind Interpreting Services	271-0103
Disability Rights Vermont	229-1355
Downstreet Housing & Community Dev.	476-4493
Elevate Youth Services (was WCYSB)	229-9151
Family Center of Washington County	262-3292
Green Mountain United Way	613-3989
Grief & Bereavement Support Group	223-1878
HireAbility VT (previously Voc Rehab)	479-4210
Montpelier Housing Authority	229-9232
MOSAIC VT—healing from sexual harm	479-5577
Narcotics Anonymous	862-4516
Peer Plus	272-0690
Prevent Child Abuse Vermont	1-800-244-5373
Problem Gambling	1-800-522-4700
Recovery Partners of Vermont	738-8998
Senior Help Line	1-800-642-5119
Social Security	1-877-505-4542
Trans Lifeline	1-877-565-8860
Turning Point Recovery Center	622-0251
VA Medical Center, WRJ	295-9363
	1-866-687-8387
VT Agency of Human Services	241-0440
VT CARES	528-1135
VT Center for Independent Living	229-0501
VT Coalition for Disability Rights	1-800-639-1522
VT Dept. of Alcohol & Drug Abuse	479-4250
VT Dept. of Health — District Office	479-4200
VT Division of Substance Use Programs	651-1550
VT Economic Services Division	1-800-479-6151
VT Helplink	565-5465
VT Legal Aid	223-6377
VT Office of Child Support	479-4204
VT Probation & Parole	479-4242
VT Psychiatric Survivors	775-6834
VT State Housing Authority	828-3295
VT Tenant's, Inc.	864-0099
VT Works For Women (Working Fields)	348-4610
Washington County Mental Health Svcs	229-0591

TIPS FOR SELF CARE:

MANAGING STRESS DURING DIFFICULT TIMES

Pay attention to body and mind:

- Recognize the early signs of stress — pay attention to changes in body and mind
- Don't get caught in the "doom-and-gloom" cycle; work to stay positive. Know it's normal to feel stress, guilt, and anger. Remember, too, that these emotions can be managed
- Recall past solutions to similar problems, and then build on them

Attend to your health:

- Get regular physical exercise
- Balance activity with a healthy rest and sleep cycle
- Eat well and drink plenty of water

Practice relaxation:

- Relax your body and mind. Use deep breathing, stretching, meditation, listening to music — find something that works best for you
- Pace yourself by alternating stressful tasks with pleasant activities
- Take time to do nothing; just relax

Set priorities:

- Make a list of things that need to be done
- Identify how you will do each item on the list
- Do the most important things first in order to help reduce stress
- Do not be discouraged if your goals can't immediately be accomplished

Share your concerns:

- Share your concerns with individuals in similar situations; communicating ideas and solutions is a positive way to reduce stress
- Be open to accepting help when it is offered and consider seeking help whenever it is needed

Washington County Survivor's Guide

Provided by:



& Community Partners

Food Shelves & Kitchens

Statewide

3 Squares VT 1-800-479-6151

BARRE

Barre Evangelical Free Church 476-5344
17 South Main Street (By appointment only)

Capstone Community Action 479-1053
20 Gable Place (Mon/Wed/Fri: 9 a.m.—12 p.m. & 1 p.m.—3 p.m.)

Enough Ministries 479-2872
24 Washington Street (Community Fridge in back of church: 24/7)

Hedding United Methodist Church 476-8156
40 Washington Street (Wed/Thur: 3:30 p.m.—4:30 p.m.)

Salvation Army Friendly Kitchen 476-5301
25 Keith Avenue (Tue/Thur/Fri: 10 a.m.—12 p.m.)

St. Monica's Church Food Shelf 479-3253
79 Summer Street (Wed/Fri: 9 a.m.—12 p.m. @ back of church)

Veggie Van Gogh
16 Auditorium Hill (4th Friday of the month: 9 a.m.—10:30 a.m.)

VT Foodbank 476-3341

MONTPELIER

Christ Church Food Shelf 223-3631
64 State Street (Wed 10 a.m.—12 p.m.)

Montpelier Food Pantry 1-802-917-8164
89 Main Street (alley entrance) (Tue/Thur/Sat: 10 a.m.—12 p.m.)

Montpelier Senior Meals 262-6288

Old Brick Church, East Montpelier 223-1232
60 Church Street (2nd & 4th Tuesday of month: 2 p.m.—5 p.m.)

Northfield

CERV 485-4293
34 Dog River Drive
(Mon: 5 p.m.—6 p.m./Saturday 9 a.m.—11 a.m.)

Soup Kitchens & Community Meals

BARRE

Enough Ministries, 24 Washington Street
Mon - Sat: 8 a.m. Breakfast (pantry behind church)
Tue, Thur: 12 p.m. Lunch (dine in)

Hedding Methodist Church, 40 Washington Street
Fri: 5:30 p.m.—6:30 p.m. (dine in or take out)

MONTPELIER

Community Fridge (1 School St.)

Another Way Drop-In Center, 125 Barre Street
Sat — Thur: 4:30 p.m. Take Out Meals
Fridays: 4:30 p.m.—7 p.m. Community Dinner

Trinity United Methodist Church, 137 Main Street
Mon — Thur: 11:30 a.m.—12:30 p.m. Lunch

St. Augustine's Catholic Church, 16 Barre Street
Fri: 11:30 a.m.—1 p.m. Lunch

Scan QR Code for updates to this guide!



Medical Help & Services

Central VT Medical Center 371-4100
Central VT Pregnancy Services 479-9215
People's Health & Wellness Clinic 479-1229
Plainfield Health Center 454-8336
Planned Parenthood 476-6696

Mental Health Services

Alyssum (specialized respite) 767-6000
Central VT Medical Center 371-4100
Elevate Youth Services 229-9151
MOSAIC VT—healing from sexual harm 479-5577
Nat'l Alliance on Mental Illness - VT 1-800-639-6480
Plainfield Health Center 454-8336
VT Support Line (Pathways VT) 1-888-604-6412
Washington County Mental Health Svcs 229-0591

Transportation Services

Acrosstourcab 636-7864
Gopher 1-855-467-4375
Green Mountain Transit (GMT) 223-7287
1-866-864-0211
Payless Taxi 476-4097
Ron's Taxi 476-7701

Community Housing / Shelter

CIRCLE (Battered Women's Services) 1-877-543-9498
Good Samaritan Haven (& Welcome Ctr) 479-2294
Home Share Vermont 863-5625
Veteran's Place 485-8874

Substance Use Disorder

Counseling & Supports

Alcoholics Anonymous (& Al-Anon/Alateen) 229-5100
BAART — Opioid Addiction Medication Tx 223-2003
Brattleboro Retreat — "Starting Now" 1-800-738-7328
Elevate Youth Services 229-9151
Narcotics Anonymous 862-4516
NEVER USE ALONE 1-877-696-1996
Treatment Associates 225-8355
Turning Point Recovery Center 622-0251
VT Helplink 565-5465

Substance Use Disorder

Social Detox / Residential

Adult & Teen Challenge of VT 635-7807
Act One / Bridge Program 488-6425
Covered Bridge Therapeutic Cmty (Men) 748-6948
Serenity House / Grace House 446-2640
The Lighthouse 371-4061
Valley Vista 222-5201
VFOR Housing (recovery housing) 735-4340
Willow Grove 295-5206
(Transitional housing/Women)

The ACCESS HUB

*A calm & supportive way to access crisis care
outside of the hospital system.*

34 Barre Street, Montpelier 301-3200

Needle Exchange/Narcan/ Fentanyl & Xylazine Test Kits

People's Health & Wellness / Vermont Cares:
51 Church St., Barre; 479-1229

Needle Exchange: Mon/Wed/Fri 9—3 p.m.

Narcan/Fentanyl & Xylazine Test Kits: Tue/Wed/Thur 9—5 p.m.

Victims of Domestic and Sexual Violence

1-800-NEWSAFE
(1-800-639-7233)

Motel Voucher/General Housing

1-800-775-0506

**YOU ARE NOT ALONE!
We are ALL in this TOGETHER!**