

Vermont & National Crisis Lines

- NAMI Vermont's *Resource Guidebook* has many resources.
- Crisis Lines for Community Mental Health *Designated Agencies* for your county
- 24 hr: **Crisis Text Line** text "VT" to 741741
- 10am-6am: **Vermont Support Line** (833) VT-TALKS / (833) 888-2557 or text (833) 888-2557
- 3pm-9pm: **Peer-operated Youth Hotline** (877) YOUTHLINE or (877) 968-8454
- 24 hr: **National Suicide Prevention Hotline** (800) 273-TALK or (800) 273-8255
- 24 hr: **National Hopeline Network** (800) 442-HOPE or (800) 442-4673
- 24 hr: **Veterans Suicide Prevention Line** (800) 273-8255, #1
- 24 hr: **National Domestic Violence Crisis** (800) 799-SAFE or (800) 799-7233
- 24 hr: **National Sexual Assault Line** (800) 656-HOPE or (800) 656-4673
- 24 hr: **Suicide Hotline** (800) SUICIDE or (800) 784-2433
- 24 hr: **Trevor Hotline/LGBTQ Youth** (866) 4-U-TREVOR or (866) 488-7386
- 24 hr: **Disaster Distress Helpline** (800) 985-5990 or text "TalkWithUs" to 66746
- 24 hr: **NAMI National Helpline** (800) 950-6264

Upper Valley Services (UVS)

Developmental Services:

Bradford Area: 802-222-9235

Randolph Area: 802-728-4475

