# I’m Struggling. Which Vermont-Based Mental Health Response Line Is Right for Me?

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| Name | Number | Hours of Operation | Types of Support Provided | A Typical Call |
| [Designated Agency Mental Health Crisis Lines](https://vermontcarepartners.org/intake-and-crisis-lines/) | Varies by region: [numbers available here](https://vermontcarepartners.org/intake-and-crisis-lines/). | 24/7 | Crisis clinicians evaluate individuals at imminent risk and refer to higher level services, as well as provide crisis stabilization to prevent needing higher levels of care. | -Caller is concerned about themselves or a family member with suicidal thoughts/actions |
| [Pathways Vermont Support Line](https://www.pathwaysvermont.org/what-we-do/our-programs/vermont-support-line/) | 833-VT-TALKS (833-888-2557) - phone/text | 24/7 | Peer operators offer a listening ear for any identified need, crisis or not. Not limited by time or number of calls/day. No mental health screening. | -Caller wants to vent about a challenging relationship  -Caller is exploring their gender identity but not ready to talk with friends/family |
| [COVID Support VT](http://www.covidsupportvt.org) | 2-1-1, option #2 | Mon-Fri, 8am-8pm | Counselors provide emotional support  and connections to resources and treatment available in the caller’s community. Weekly Virtual Wellness Groups offered Tuesdays, 1pm and 5pm, as well as self-help tips via website. | -Caller needs emotional support related to the pandemic  - Caller needs help navigating community resources |

All options are free and confidential, and you will receive support at any number you call.

Want something different? Find more national hotline resources [here](https://vtspc.org/suicide-resources/get-help/), or text “VT” to 741741 for Vermont Crisis Text Line.