

You are not alone We are here to help

COVID SUPPORT VT

Promoting mental health and wellness for all

COVID Support VT is a grant funded program providing mental health and wellness supports, free of charge, to any Vermonter who needs them during the pandemic. They can help you and your community with the following resources:

Support Counselors Help is available by calling 2-1-1, option #2, Mondays-Fridays, 8am-8pm. These caring Counselors provide emotional support, self-care tips, and connections to community resources. The Support Counselor Poster is available [here](#).

Health and Wellness Workshops Support Counselors host a variety of virtual workshops to provide proven strategies that promote health and wellness. Visit our [website](#) to learn about all workshop offerings. And, they can customize a workshop for you. The Health and Wellness Workshop Flyer is available [here](#).

Town Halls COVID Support VT will host a monthly Town Hall Series focused on educating community members and stakeholders about available resources across the state by topic. Town Halls schedule can be found [here](#).

Self-Care Resources The **COVID Support VT** website is full of helpful tips and connections to support you during this challenging time. Here are just two examples:

- **Self-help Wellness Flyer**, available in many languages
- **Daily Stress Management Plan**

Social Media Our social media channels are a great source of wellness ideas and tips. Please connect with us via [Facebook](#), [Twitter](#) and [Instagram](#) @covidsupportvt. To stay up to date, sign up for our [newsletter](#) and [blog](#).



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