

VT RESOURCES FOR FAMILIES



Thank you for participating in the ABCD Study! Here is some information we give to all families in our study.

If you, your child, or someone you know is having a problem with mental health, substance use, domestic violence, or access to housing/healthcare, help is available.



Mental Health Agencies in VT

The Howard Center

802-488-6600 ♦ howardcenter.org

Support and services for mental health, substance use, and developmental needs for youth, adults, & families

Northeastern Family Institute

802-658-0040 ♦ nfivermont.org

Intensive community-based, outpatient, residential, educational, and crisis stabilization programs in multiple regions of the state

Centerpoint Services

802-488-7711 ♦ centerpointservices.org

Individual, family, and group counseling services and support

Outright Vermont

802-865-9677 ♦ outrightvt.org

Programs, groups & support for queer & questioning youth and their caregivers

Pathways Vermont

888-492-8218 ♦ pathwaysvermont.org

Housing insecurity assistance, mental health programs & groups

VT Helplink

802-565-5465 ♦ vthelplink.org

Alcohol & drug support center

Crisis/Helpline Services

First Call Crisis 802-488-7777

National Suicide Prevention Hotline 800-273-8255

Crisis Text Line Text "VT" to 741741

National Domestic Violence Hotline 800-228-7395

Pathways VT Support Line 833-888-2557

Find Resources Near You

Vermont 211 Database

Dial 2-1-1 anywhere in VT to get live referral help or visit navigateresources.net/211vermont

Mental Health Agencies by County

- mentalhealth.vermont.gov

Find a therapist in VT

- vtmhca.org
- psychologytoday.com/us/therapists/vermont

Domestic/Sexual Violence Help by County

- vtnetwork.org/get-help

Food/Economic Assistance for Vermonters

- <https://dcf.vermont.gov/benefits>

Insurance Help

- dfr.vermont.gov/consumers/explore-insurance

Housing Insecurity

- cotsonline.org/get-help

Legal Information & Aid

- vtlawhelp.org
- <https://www.vtlegalaid.org>

Please contact Dr. Potter at 802-847-6955 or email abcd@uvm.edu with questions.