

Need Help for Mental Health?

CONFIDENTIAL HELP IS AVAILABLE!



If you, or someone you know is in emotional distress, text the Crisis Text Line:

Text VT to 741741

Stress, anxiety, depression and suicidality are treatable mental health conditions.

Without help, these feelings can get worse. Learn to help yourself and the people you care about.



Recognize the Critical Warning Signs:

- Expressions of burdensomeness or of unbearable pain
- Depression, isolation or hopelessness
- Mood swings, sadness, rage or revenge seeking
- Talking or writing about a desire or intent to die
- Increasing use of alcohol or drugs

Know How to Help:

- **LISTEN.** Show you care.
- **ASK.** Are you thinking about suicide?
- **GET HELP.** Call someone trained to help.
- **OFFER HOPE.** Remind them that they matter to you and others.
- **STAY CLOSE.** Remain until help arrives.

Pathways Support Line – 18+ Adult:
(833) VT-TALKS / (833) 888-2557

Call **2-1-1** to find local mental health providers and COVID supports.



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Text VT to **741741**



National Suicide Prevention Lifeline:
800-273-TALK (8255)



LGBTQ CRISIS HOTLINE:
1-866-488-7386



Veterans Crisis Line:
1-800-273-8255 PRESS 1



Resources for help can be found at:
www.vtspc.org



Talk to someone you trust.