



You Are Never Alone

If you are dealing with an emotional, mental health, or substance use crisis, we are here for you.

Available
24/7

**Call us now:
802-442-5491**

Enhanced **MOBILE CRISIS** Services

Available to
all Vermonters
regardless of ability
to pay

We can come to you:

- **2-person response in Bennington County**
- **Receive support**
- **Lower your stress level**
- **Feel better**



To receive support, call the number listed above or call or text **9-8-8**.
If you have a life threatening or medical emergency, dial 9-1-1.

For more info: www.GetHelpVT.org