FREE HELP NEAR YOU

Northwest Vermont · Chittenden, Franklin, Grand Isle & Addison Counties

Burlington · South Burlington · Winooski · Essex · Colchester · Milton · Shelburne · St. Albans · Swanton · Alburgh · Middlebury · Vergennes

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis · call or text

211 Vermont 211 · dial 2-1-1, 24 hours a day

Food, Bills & Emergencies

CVOEO Community Action (Chittenden)
Burlington · food shelf, fuel & housing help
802-863-6248

CVOEO Community Action (Franklin & Grand Isle)
St. Albans · fuel & housing help
802-527-7392

Veterans

White River Junction VA Medical Center
Main line for all Vermont VA clinics · open 24/7
802-295-9363

Shelter

COTS
Burlington · shelter for families & adults
802-864-7402

ANEW Place
Burlington · adult shelter
802-862-9879

Charter House Coalition
Middlebury · shelter
802-989-8621

Safety From Abuse (24 hours)

Vermont Domestic Violence Hotline
24 hours · connects you to your local program
1-800-228-7395

Vermont Sexual Violence Hotline
24 hours
1-800-489-7273

WomenSafe
Addison County · 24-hour hotline
1-800-388-4205

Health Care & Crisis

Vermont Free & Referral Clinics
Free care for people without insurance
802-448-4280

Howard Center First Call
Chittenden County · 24-hour mental health crisis
802-488-7777

NCSS Crisis Line
Franklin & Grand Isle · 24 hours
802-524-6554

Counseling Service of Addison County
Addison · 24-hour crisis line
802-388-7641

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

Vermont State Police · Williston
802-878-7111

Vermont State Police · St. Albans
802-524-5993

Vermont State Police · New Haven
802-388-4919

Vermont Gas · gas leak
1-800-639-8081

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Sexual Assault Hotline (RAINN)
1-800-656-4673

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Human Trafficking Hotline
1-888-373-7888 · Text 233733

Runaway & Homeless Youth (Safeline)
1-800-786-2929