FREE HELP NEAR YOU

Southwest Vermont · Rutland & Bennington Counties

Rutland · Bennington · Manchester · Brandon · Fair Haven · Castleton · Poultney · Killington · Wallingford · Arlington · Shaftsbury · Pownal

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

BROC Community Action
Rutland & Bennington · food shelf, fuel & housing help
802-775-0878

Veterans

Rutland VA Clinic
VA health care
802-772-2300

Bennington VA Clinic
VA health care
802-440-3300

Shelter

Homeless Prevention Center
Rutland County · housing help & shelter
802-775-9286

Bennington County Coalition for the Homeless
Bennington · adults
802-442-2424

Safety From Abuse (24 hours)

PAVE
Bennington County · 24-hour hotline
802-442-2111

Rutland County Women's Network & Shelter
Rutland County
802-775-6788

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

Health Care & Crisis

Community Health
Rutland · sliding fee, with or without insurance
802-773-3386

Rutland Free Clinic
Rutland · free care
802-775-1360

Rutland Mental Health Services
24-hour crisis line
802-775-1000

United Counseling Service
Bennington · 24-hour crisis line
802-442-5491

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

Vermont State Police · Rutland
802-773-9101

Vermont State Police · Shaftsbury
802-442-5421

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Crisis Text Line
Text HOME to 741741

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

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

Suicide & Crisis Lifeline
Call or text 988

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

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

Veterans Crisis Line
Dial 988, press 1 · Text 838255

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

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