

You are not alone We are here to help

COVID SUPPORT VT

Promoting mental health and wellness for all

COVID Support VT is a grant funded program providing mental health and wellness supports, free of charge, to any Vermonter who needs them during the pandemic. They can help you and your employees/members with the following resources:

Support Counselors Help is available by calling 2-1-1, option 2, Mondays-Fridays, 8am-8pm. These caring Counselors provide emotional support, self-care tips, and connections to community resources. The Support Counselor Poster is available [here](#).

Health and Wellness Workshops Support Counselors host a variety of virtual workshops to provide proven strategies that promote health and wellness. Visit our [website](#) to learn about all workshop offerings. And, they can customize a workshop for your organization. The Health and Wellness Workshop Flyer is available [here](#).

Town Halls COVID Support VT will host a monthly Town Hall Series focused on educating community members and stakeholders about available resources across the state by topic. Schedule of Town Halls can be found [here](#).

Self-Care Resources The **COVID Support VT** website is full of helpful tips and connections to support you and your employees during this challenging time. Here are just two examples:

- **Self-help Wellness Flyer**, available in many languages
- **Daily Stress Management Plan**

Social Media Our social media channels are a great source of wellness ideas and tips. Please connect with us via [Facebook](#), [Twitter](#) and [Instagram](#) @covidsupportvt.



WITH SUPPORT FROM

