

# WELLNESS RESOURCES



The Community College of Vermont supports each student in their personal and educational growth. These wellness resources are provided to help you succeed in the classroom and beyond. CCV takes pride in the support we provide to our students, and we're always here to help!

## CRISIS TEXT LINE

The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information. Text “VT” to 741741 and a live, trained Crisis Counselor will respond quickly.

For more information visit [www.vtcrisistextline.org](http://www.vtcrisistextline.org).

## MENTAL HEALTH RESOURCES

**COVID Support VT** - [www.covidsupportvt.org](http://www.covidsupportvt.org)

**Designated Agencies** - Agencies in each geographic region of Vermont that provide mental health programs for adults and children. To find the DA in your area, visit [www.mentalhealth.vermont.gov/individuals-and-families/designated-and-specialized-service-agencies](http://www.mentalhealth.vermont.gov/individuals-and-families/designated-and-specialized-service-agencies).

**Headspace** - an online source for guided meditations to help with stress, sleep, focus, anxiety and more.

Visit [www.headspace.com/about-us](http://www.headspace.com/about-us) to access.

**National Suicide Prevention Lifeline** -

Available 24/7 at 800-273-8255

**TalkCampus** - A mental health support network for students. The platform has been built specifically for students and provides free peer support 24/7. Visit [students.talkcampus.io/ccv](http://students.talkcampus.io/ccv) to start receiving support today.

**Vermont Peer Support Line** -

Available 24/7 at 833-888-2557 (call or text)

## ANTI-RACISM

[www.vtnetwork.org/anti-racism-resources](http://www.vtnetwork.org/anti-racism-resources)

## FINANCIAL ASSISTANCE

**Utility service assistances** - [publicservice.vermont.gov/publications-resources/consumers/assistance](http://publicservice.vermont.gov/publications-resources/consumers/assistance)

**Fuel assistance** -

[www.dcf.vermont.gov/benefits/fuel-assistance](http://www.dcf.vermont.gov/benefits/fuel-assistance)

**Child care** - [www.dcf.vermont.gov/childcarefinancialhelp](http://www.dcf.vermont.gov/childcarefinancialhelp)

## VERMONT 211

Database containing programs and services available to Vermonters. Dial 2-1-1 to find services in your area. For more information visit [www.vermont211.org](http://www.vermont211.org).

## WORKING BRIDGES

CCV's United Way Working Bridges coordinators are available to support students with transportation, housing, child care, healthcare, mental health, and financial management resources. Contact via phone, text, or email.

**Holly Micklas**

802-829-6048 / [holly@unitedwaynwvt.org](mailto:holly@unitedwaynwvt.org)

## VACCINE INFORMATION

[healthvermont.gov/flu](http://healthvermont.gov/flu)

[healthvermont.gov/covid](http://healthvermont.gov/covid)

## DOMESTIC & SEXUAL VIOLENCE

[www.vtnetwork.org/get-help](http://www.vtnetwork.org/get-help)

## HOUSING

**Housing First** - A permanent supportive housing program that works to end homelessness and supports individuals to locate and maintain independent housing and lead meaningful lives in their community. [www.pathwaysvermont.org/what-we-do/our-programs/housing-first/](http://www.pathwaysvermont.org/what-we-do/our-programs/housing-first/)

Assistance with obtaining or keeping housing. Regional "Coordinated Entry" lead agencies can be found here: [helpingtohousevt.org/whatwedo/coordinatedentry/overview/Contact-List-8.11.21.pdf](http://helpingtohousevt.org/whatwedo/coordinatedentry/overview/Contact-List-8.11.21.pdf)

## JOB ASSISTANCE

**Vermont Department of Labor** - Visit [www.labor.vermont.gov](http://www.labor.vermont.gov) to find information about available jobs, training programs, and other workforce services.

**Vocational Rehabilitation** - Free, flexible services to any Vermonter or employer dealing with a disability that affects employment. Services include vocational counseling, assessment tools for career exploration, benefits counseling, transition services for youth, specialized vocational counseling for deaf Vermonters, job placement and retention services, assistive technology for employment, and post-employment support. [www.vocrehab.vermont.gov](http://www.vocrehab.vermont.gov)

## YOUTH SUPPORT

**Youth in crisis** -

[www.vcrhyp.org/find-your-local-agency.html](http://www.vcrhyp.org/find-your-local-agency.html)

**Family support for families with child/young adult with special needs** -

[www.vermontfamilynetwork.org/what-we-do/family-support/programs](http://www.vermontfamilynetwork.org/what-we-do/family-support/programs).

## CHILD CARE

Resources for help with finding child care providers and applying for financial assistance:

[www.dcf.vermont.gov/cdd/cccsa](http://www.dcf.vermont.gov/cdd/cccsa).

**Bright Futures Child Care Information System** -

[www.brightfutures.dcf.state.vt.us](http://www.brightfutures.dcf.state.vt.us)

## DIVISION OF ALCOHOL AND DRUG ABUSE PROGRAMS (ADAP)

VT Helplink, (802)565-LINK, [www.vthelplink.org](http://www.vthelplink.org).

**Contact your academic advisor or Working Bridges coordinator for help with accessing these resources.**

CCV is committed to non-discrimination in its learning and working environments for all persons. All educational and employment opportunities at CCV are offered without regard to race, creed, color, national origin, marital status, sex, sexual orientation, gender identity, veteran status, or any other category protected by law. CCV is an equal opportunity employer. Auxiliary aids and services are available upon request to individuals with disabilities.