

Emergency Crisis Lines

**Washington Co Mental Health Svcs
Crisis Line/Suicide Emergency
229-0591**

**Vermont Crisis Text Line
Text VT 741741**

**National Suicide Prevention Lifeline
1-800-273-8255**

**Sexual Assault Crisis Team
479-5577**

**Veterans Crisis Line
1-800-273-8255 (Press 1)
Text to 838255**

**Poison Control Center
1-800-222-1222**

Police Department Non-Emergency Numbers

Barre City	476-6613
Barre Town	479-0509
Berlin	223-4401
Montpelier	223-3445
Northfield	485-9181
Waterbury	229-9191
State Police (Middlesex)	229-9191

**Vermont 2-1-1
Dial 2-1-1**

Unless otherwise noted the area code is (802)

Community Resources & Services

Adult Abuse Reporting	1-800-564-1612
Alcoholics Anonymous	229-5100
Another Way Community Center	229-0920
Barre Housing Authority	476-3185
Central VT Adult Basic Education, Inc.	
Montpelier	223-3403
Barre	476-4588
Capstone Community Action	479-1053
Child Abuse Reporting	1-800-649-5285
CIRCLE (Battered Women Svcs)	1-877-543-9498
Disability Rights Vermont	229-1355
Downstreet Housing & Community Dev.	476-4493
Family Center of Washington County	262-3292
Friends of Recovery – VT	229-6103
Greater Barre Community Justice Center	476-0276
Green Mountain United Way	613-3989
Montpelier Housing Authority	229-9232
Montpelier Justice Center	223-9606
Narcotics Anonymous	862-4516
New Directions – Montpelier	223-4949
Prevent Child Abuse Vermont	1-800-244-5373
Problem Gambling	1-800-522-4700
Rocking Horse (Mother's/substance abuse)	223-4156
Social Security	1-877-505-4542
Turning Point Center of Central VT	479-7373
VT AHS Barre District Field Director	479-7594
VT Cares	371-6222
VT Center for Independent Living	229-0501
Deaf & Hard of Hearing Services	1-800-639-1522
VT Coalition for Disability Rights	1-800-639-1522
VT Council on Aging	479-0531
VT Dept. of Alcohol & Drug Abuse	479-4250
VT Dept. for Children and Families	1-800-287-0589
Office of Child Support	479-4204
VT Dept. of Health – District Office	479-4200
VT Economic Services Division	1-800-479-6151
VT Legal Aid	223-6377
VT Probation & Parole	479-4242
VT Psychiatric Survivors	775-6834
VT State Housing Authority	828-3295
VT Tenant's, Inc.	1-800-287-7971
Veteran's Administration	295-9363
	1-866-687-8387
Vet to Vet	1-877-485-4534
Voc Rehab & Employment Assistance	479-4210
Washington County Young Adult Comm	595-9829
Washington County Youth Service Bureau	229-9151

Food Shelves & Kitchens

BARRE

Capstone Community Action	479-1053
Hedding United Methodist Church	476-8156
Salvation Army Friendly Kitchen	476-5301
St. Monica's Church Food Shelf	479-3253

TIPS FOR SELF CARE:

MANAGING STRESS DURING DIFFICULT TIMES

Pay attention to body and mind:

- Recognize the early signs of stress—pay attention to changes in body and mind
- Don't get caught in the "doom-and-gloom" cycle; work to stay positive. Know it's normal to feel stress, guilt, and anger. Remember, too, that these emotions can be managed
- Recall past solutions to similar problems and build on them

Attend to your health:

- Get regular physical exercise
- Balance activity with a healthy rest and sleep cycle
- Eat well and drink plenty of water

Practice relaxation:

- Relax your body and mind. Use deep breathing, stretching, meditation, listening to music—whatever works
- Pace yourself by alternating stressful tasks with pleasant activities
- Take time to do nothing; just relax

Set priorities:

- Make a list of things that need to be done
- Identify how you will do each item on the list
- Do the most important things first to help reduce stress
- Do not be discouraged if goals can't be accomplished immediately

Share your concerns:

- Share your concerns with individuals in similar situations; communicating ideas and solutions is a positive way to reduce stress
- Be open to accepting help when it is offered and consider seeking help whenever it is needed

Washington County Survivor's Guide

Provided by:

Washington County Mental Health Services, Inc.

& Community Partners

Where Hope and Support Come Together

VT Food Bank 476-3341

MONTPELIER

Montpelier Food Pantry 375-5369
Christ Church Food Shelf 223-3631
Montpelier Senior Meals 229-9232
223-2518

Soup Kitchens & Community Meals

BARRE

Good Shepherd Episcopal Church, 39 Washington St.

Mon: 7–9 a.m. Breakfast
9–11:30 a.m. Warm Shelter
Thur: 7–8:30 a.m. Breakfast
8:30–10 a.m. Warm Shelter

Salvation Army Friendly Kitchen, 25 Keith Avenue

Mon, Wed, Fr: 11:30–12:30 p.m. Lunch
Emergency Food Pantry: Tue/Wed/Fri 10-12 p.m.

Barre Congregational Church, 35 Church Street

Tue, Sat: 7–9 a.m. Breakfast
Tue: 9–11 a.m. Warm Shelter
Sat: 9–10 a.m. Warm Shelter

Enough Ministries, 84 Summer Street

Tue, Thur: 11–1 p.m. Lunch
Sun: 12–1 p.m. Lunch

First Presbyterian Church, 78 Summer Street

Wed: 7:30–9:30 a.m. Breakfast
9:30–11:30 a.m. Warm Shelter
3rd Sunday: 7:30–9:30 a.m. Breakfast

Barre Universalist Church, 19 Church Street

Fri: 7:30–9:30 a.m. Breakfast
9:30–11:30 a.m. Warm Shelter

Hedding Methodist Church, 40 Washington, Street

Fri: 5:30–6:30 p.m. Dinner

Aldrich Public Library, 6 Washington Street

Mon, Wed: 12:30–6:30 p.m. Warm Shelter
Tue: 1–6:30 p.m. Warm Shelter
Thur: 10–11 a.m. Warm Shelter
1–6 p.m. Warm Shelter
Fri: 1–5:30 p.m. Warm Shelter
Sat: 10–1 p.m. Warm Shelter

MONTPELIER

Unitarian Church, 130 Main Street
Mondays: 11–1 p.m.

Bethany Church, 115 Main Street
Tuesdays: 11:30–1 p.m.

Christ Episcopal Church, 64 State Street
Wednesdays: 11–1 p.m.

Trinity United Methodist Church, 137 Main
Thursdays: 11–1 p.m.

Thursday: 9–4 p.m. Warm Shelter

St. Augustine Church, 16 Barre Street
Fridays: 11–1 p.m.

Another Way Drop-In Center, 125 Barre Street
Fridays: 5 p.m. *Community Dinner*

Christ Episcopal Church, 64 State Street
Last Saturday of the month: 5–6:30 p.m.

Community Meal, Bethany Church, 115 Main Street
Last Sunday of the month: 4:30–6:30 p.m.

WORCESTER

Worcester Comm. Kitchen, Town Hall, Route 12 in Village
Wednesdays: 1–2 p.m.

Every Third Saturday 11–1 p.m.

Medical Help & Services

Central VT Medical Center 371-4100
The Health Center, Plainfield 454-8336
People's Health & Wellness Clinic 479-1229
Planned Parenthood 476-6696

Care Net Pregnancy Center 479-9215

Mental Health Services

Central VT Medical Center 371-4100
Nat'l Alliance on Mental Illness - VT 244-1396
NAMI-VT 1-800-639-6480
VT Assn of Mntl Hlth & Addiction Recovery 223-6263
Washington County Mental Health 229-0591
Wash Co Youth Service Bureau (youth) 229-9151
Pathways Vermont 492-8218
Alyssum (specialized respite) 767-6000

Transportation Services

Green Mountain Transit Agency (GMTA) 223-7287
1-866-864-0211
Capital Cab - E. Montpelier (trips over 20 miles) 505-0316
C&L Taxi - Warren 496-4056
Don's Taxi - Barre/Montpelier 917-3173
Green Cab - Barre/Montpelier 864-2424
Mad Cab - Waitsfield 793-2320
Payless Taxi - Barre/Montpelier 476-4097

Community Housing/Shelter

CIRCLE (Battered Women's Services) 1-877-543-9498
Good Samaritan Haven 479-2294
Home Share Now 479-8544
Rental Opportunity Center 479-2294
(Good Samaritan Haven) *Call for appointment
Veteran's Place 485-8874

Substance Abuse Counseling & Supports

Alcoholics Anonymous 229-5100
Brattleboro Retreat - Starting Now 1-800-738-7328
Central VT Substance Abuse Services 223-4156
(also contact for individual counselors)
Central Vermont Addiction Medicine 223-2003
Friends of Recovery - VT 229-6103
Narcotics Anonymous 862-4516
Turning Point Recovery Center 479-7373

Substance Abuse

Act One/Bridge Program 488-6425
Aerie House (Women) 748-0056
Brattleboro Retreat 1-800-738-7328
Conifer Park 1-800-989-6446
Covered Bridge Therapeutic Cmty (Men) 748-6948
The Lighthouse 371-4061
Phoenix House Brattleboro Center 257-4677
Serenity House/Grace House 446-2640
Teen Challenge (Men) 635-7807
Valley Vista 222-5201
Willow Grove (Women) 281-7076