



# COVID Support VT: Promoting wellness and recovery through the pandemic

**COVID SUPPORT VT**

**Feeling Stressed?**

Call a COVID Support Counselor at 2-1-1, option #2.  
Confidential • Free • Interpreter Services

<p><b>هل تشعر بالتوتر؟</b></p> <p>التصل باستشاري الدعم المخصص لمرضى كوفيد على الرقم 2-1-1، الخيار رقم 2</p> <p>خدمة سريعة • خدمة مجانية • خدمة الترجمة الفورية</p>	<p><b>စိတ်ဖိစီးနေပါသလား။</b></p> <p>COVID အတွက်အထောက်အကူပြုသူများကို 2-1-1 နံပါတ်မှ #2 ဝင်ခေါ်နိုင်ပါသည်။</p> <p>ရရှိသည့် အခမဲ့ • အခမဲ့ • စောင့်ဆိုင်းမှုမရှိဘဲ ဝင်ခေါ်နိုင်ပါသည်။</p>
<p><b>Stressé ?</b></p> <p>Contactez un Conseiller de Soutien COVID au 2-1-1, et choisissez l'option #2.</p> <p>C'est confidentiel - C'est gratuit - Des interprètes sont disponibles</p>	<p><b>Woba uhangayitse?</b></p> <p>Hamaagara umuhanzu murya COVID kuri 2-1-1, hitamo # 2.</p> <p>Ibanga • Kwa gusa • Serevisi zo gusobanura indimi</p>
<p><b>तपाईं तनावमा हुनुहुन्छ?</b></p> <p>COVID सम्बन्धी सहायता प्रदान गर्ने परामर्शदातालाई 2-1-1 मा कल गरेर विकल्प #2 (विन्डोस)।</p> <p>गोप्य • नि:शुल्क • दोषारे सेवा</p>	<p><b>Ma Murugeysantahay?</b></p> <p>Soo wac La talliyaha Taageerada COVID ee 2-1-1, dooga #2.</p> <p>Qarsoodi ah • Bilaash • Adeegyada Turjubaanka</p>
<p><b>¿Estresado?</b></p> <p>Llame a un consejero de apoyo de COVID al 2-1-1, opción #2.</p> <p>Confidencial • Gratis • Intérpretes disponibles</p>	<p><b>Unafadhaika?</b></p> <p>Pigia Mshauri Nasaha wa Usaidizi wa COVID namba ni 2-1-1, chagua la #2.</p> <p>Za Siri • Za Bure • Huduma za UKalimani</p>
	<p><b>ငါ့မိန့် ငါ့မိန့်</b></p> <p>ဟိုဂို ငါ့မိန့် ငါ့မိန့် ငါ့မိန့် COVID တိုက်ခိုက်မှု 2-1-1, လွှဲပြောင်းမှု #2.</p> <p>ဝန်ထမ်း • မိန့်မိန့် • ငါ့မိန့် ငါ့မိန့်</p>

Facebook | Twitter | Instagram | @COVIDSupportVT | COVIDSupportVT.org

Vermont Care Partners | VERMONT DEPARTMENT OF MENTAL HEALTH



Vermont Care Partners administered the COVID Support VT Crisis Counseling Program that began in June of 2020 and is continuing through March of 2022.

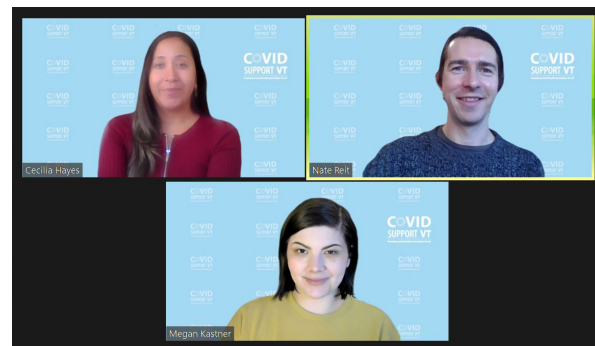
- Funded by the Substance Abuse and Mental Health Services Administration, Federal Emergency Management Agency (FEMA)
- Managed by the Vermont Department of Mental Health

The COVID Support VT team assisted individuals and communities with their mental well-being as they navigated the impacts of COVID-19 with short-term supports to mitigate stress, develop coping strategies, provide emotional support, and develop linkages with other community based agencies that support mental health and well-being, including economic supports.

*"I liked the opportunity to interact with others while learning how to cope during this incredibly difficult time. My facilitator was kind, knowledgeable, and supportive. I am really glad I attended today's session and will use some of the strategies we practiced. Thank you for helping and supporting me!"*

Services include:

- **Warm line supports** – CSVT staff housed within Vermont 211, provided support, coping strategies, referrals, and follow up to 1,624 callers
- **Virtual workshops** – supportive workshops to 2,435 participants providing education, coping and open discussion around wellness, recovery, compassion fatigue, grief and loss, supporting youth, supporting staff and more
- **Interactive and informational website** – providing access to counselors, workshops, requests for supports, self-assessment, self-help, videos, and referrals
- **Outreach and collaboration** with community partners



COVID Support VT has been called the “gold standard” by FEMA leadership because of its innovative approaches to reaching and supporting people struggling with the adverse effects of the pandemic.