COVID Support VT: Promoting wellness and recovery through the pandemic

You are not alone. COVID Support VT is here to help.

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.

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.

“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!”