

Do you struggle with any of life's  
common issues, including stress,  
constant worry, anxiety, sadness,  
fear, panic, or ADHD?  
If you do, there is **help**.

Washington County, VT resources:

**Washington County Mental Health Services**  
www.wcmhs.org | (802) 229-0591 (emergency and  
general intake line)  
Offers inpatient and outpatient services to support  
mental illness, emotional and behavioral issues, and  
developmental disabilities in all age groups.

- **Center for Counseling and Psychological  
Services (outpatient services)**  
174 Hospital Loop, Berlin, VT | (802) 479-4083

**Medication Management: Family Psychiatry  
Associates**

82 East View Ln., Suite 3, Berlin, VT | (802) 225-1266  
Services: Psychiatric evaluation; child, adolescent, and  
adult therapy; and animal assisted therapy.

Visit [http://www.cvmc.org/wellness-  
resources/support-groups](http://www.cvmc.org/wellness-resources/support-groups) for a helpful list of  
many Vermont resources for mental health needs.

**2-1-1** is a simple number to dial for call specialists  
to refer Vermonters to government programs,  
community-based organizations, and support  
groups. Free. Confidential. Always available.

**Alcoholics Anonymous in Vermont:**

(802) 229-5100 or [www.aavt.org](http://www.aavt.org)

**Narcotics Anonymous:** (802) 773-5575

**2 steps to a healthier you...take  
advantage!**

1. Find a therapist in your area at:  
<https://therapists.psychologytoday.com/rms/>
2. Always feel free to discuss your mental health  
and treatment options with your primary care  
provider

Have you been feeling **worried, nervous, sad, or hopeless?** Is your mental health in shape?

Chittenden County, VT resources:

**For CBT: Behavior Therapy & Psychotherapy Center**

2 Colchester Ave., Burlington, VT | (802) 656-2661  
Specialties: Mood & Anxiety disorders, Tourette's syndrome and Tic disorders, ADHD, and more.

**For Mindfulness Practices: Exquisite Mind**

88 King St. #101, Burlington, VT | (802) 660-8043

**To address PTSD: Stone House Associates**

366 Dorset St., So. Burlington, VT | (802) 654-7607  
Services: grief, anxiety, OCD, stress, divorce, trauma, anger management, substance abuse, and more.

**Community Mental Health: Howard Center**

[www.howardcenter.org/All-Programs](http://www.howardcenter.org/All-Programs) | (802) 488-6000  
Offers: life-saving professional crisis and counseling services to children and adults

2 Intensive Outpatient Programs:

**Seneca Program (UVMHC)**

1 S. Prospect St., Level 6, Burlington, VT | (802) 847-3333  
Intensive outpatient services to partial hospitalization

**Crossroads Program**

15 Pinecrest Dr., Essex Junction, VT | (802) 288-1087  
Focus: dialectical behavior therapy, emotion regulation

**National Suicide Prevention Lifeline:  
1 (800) 273-8255**

## What is CBT?

*Cognitive behavioral therapy is a short-term, goal-oriented therapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of **thinking** or **behavior** that are behind people's difficulties, and so change the way they feel.*