

UVM ScholarWorks

Improving Mental Health Accessibility in South Burlington

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Mental Health Resources and Help

We understand that emotional and mental well-being are vital to overall health. We want you to know that you are not alone and can always find support. Find below a curated list of mental health services available in the South Burlington area and beyond, as well as helpful coping skills you can implement.

UVMCMC Family Medicine South Burlington does not guarantee or endorse the services of any specific provider listed below. If your initial outreach does not reply, we recommend leaving a message and making additional attempts. Please reach out to us with any further questions.

Created by Leena Ziane, MS3, LCOM



PSYCHIATRIST DIRECTORY

LGBT, BIPOC

- VERMONT COUNSELING NETWORK
 - [HTTPS://WWW.VERMONTCOUNSELINGNETWORK.COM/](https://www.vermontcounselingnetwork.com/)
 - CLICK TOP OF PAGE TO FIND THERAPIST
- 😊 • PSYCHOLOGY TODAY
 - [HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/THERAPIS TS/VERMONT](https://www.psychologytoday.com/us/therapists/vermont)
- 😊 • VERMONT MENTAL HEALTH COUNSELORS' ASSOCIATION
 - [HTTPS://WWW.VTMHCA.ORG/DIRECTORY](https://www.vtmhca.org/directory)
 - ENTER INFO UNDER "FIND A COUNSELOR"

- CONNECTING CULTURES
 - [HTTPS://WWW.CONNECTINGCULTURESVT.ORG/](https://www.connectingculturesvt.org/)
- INCLUSIVE THERAPISTS
 - [HTTPS://WWW.INCLUSIVETHERAPISTS.COM/](https://www.inclusivetherapists.com/)
- VERMONT WELLNESS COLLABORATIVE 😊
 - [HTTPS://WWW.VERMONTWELLNESS.ORG/](https://www.vermontwellness.org/)
- SPECIFY PREFERENCES WHEN USING RESOURCES FROM THE PSYCHIATRY DIRECTORY OR WHEN CONTACTING LOCAL ORGANIZATIONS

LOCAL ORGANIZATIONS AND NEARBY CARE

SUPPORT LINES/GROUPS

- 😊 • STONEHOUSE ASSOCIATES
 - 27 RYE CIR, SOUTH BURLINGTON
 - (802)-654-7607
- 😊 • HOWARD CENTER
 - 102 S WINOOSKI AVE, BURLINGTON
 - (802)-488-6500
- 😊 • SENECA CENTER
 - 1 SOUTH PROSPECT ST F6, BURLINGTON
 - (802)-847-3333
- MENTAL HEALTH URGENT CARE
 - 1 SOUTH PROSPECT ST, BURLINGTON
 - (802)-488-6482
- CENTER FOR TRAUMA RECOVERY
 - 8 CARMICHAEL ST, SUITE 101, ESSEX JUNCTION
 - (802)-876-7185

- 988 SUICIDE AND CRISIS LIFELINE
- CRISIS TEXT LINE- TEXT HELLO TO 741741
- PATHWAYS VERMONT-CALL OR TEXT 24/7 AT 833-888-2557
- NATIONAL ALLIANCE MENTAL ILLNESS: 800-950-6264
- SUPPORTGROUPS.COM
- 7CUPS.COM



Key:

😊 -Medicaid/Medicare coverage specified online (note: please reach out to resource of choice as immediate insurance information is not always readily available online)

YOUR HEALTH MATTERS TO US! HERE'S SOME COPING SKILLS AND BEST PRACTICES FOR WELLNESS:

- JOURNALING
- MINDFUL BREATHING AND MEDITATION
- KEEP A GRATITUDE LIST
- PRACTICE SELF-COMPASSION
- SPEND TIME OUTDOORS
- REFRAME NEGATIVE THOUGHTS
- GROUNDING TECHNIQUES: NAME WHAT YOU CAN SEE, HEAR, FEEL
- PHYSICAL ACTIVITY AND MAINTAIN A HEALTH SLEEP ROUTINE

Most important, don't be afraid to ask for help!

