



## Counseling Services – Vermont

Here are some tips to help you find counseling services near you.

### First Steps

- **Contact your insurance.** Check the back of your insurance card for a phone number for “mental or behavioral health” that you can call and ask for local providers in your network.
- **If you have one, speak with your employer’s Employee Assistance Program (EAP).** They usually have a list of local therapists. Your EAP may also provide short-term counseling and help you identify any longer-term therapy needs.

### National Organizations

- **The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline** 800-662-HELP (4357) TTY: 800-487-4889 or visit: [samhsa.gov/find-treatment](https://www.samhsa.gov/find-treatment) can help you find care near you.
- **If you don’t have insurance, or need a sliding fee, look for a Federally Qualified Health Center.** They offer care including mental health and substance use services. They’re authorized to provide telehealth services even if you’ve never been a patient at one before. Find a center near you: [findahealthcenter.hrsa.gov/](https://www.findahealthcenter.hrsa.gov/).
- **HelpPRO:** [helppro.com](https://www.helppro.com)
- **Psychology Today Therapist Finder:** [psychologytoday.com/us/therapists](https://www.psychologytoday.com/us/therapists)

### In Vermont

- **Call 211** - Call 2-1-1 on your phone 24 hours a day, 365 days a year, or search for services on the web [vermont211.org](https://www.vermont211.org). 211 is staffed by trained specialists who quickly assess your needs and refer you to the help you need. 211 services are free, confidential, and available in many languages.
- **Department of Mental Health** – The Department of Mental Health designates one Designated Agency (DA) in each area of the state to provide the Department's mental health programs for adults and children see: [mentalhealth.vermont.gov/individuals-and-families/designated-and-special-services-agencies](https://www.mentalhealth.vermont.gov/individuals-and-families/designated-and-special-services-agencies). You can also call 802-241-0090 for information and support.
- **Vermont Care Partners-** 16 Non-Profit Agencies in the state that provide mental health care. Locate your local agency at: [vermontcarepartners.org/agencies/](https://www.vermontcarepartners.org/agencies/)
- **Contact your local health center and hospital-** these organizations may also offer behavioral health.

## Therapy Search

- The website below offers listings of therapists in Vermont. There may be other therapists not listed. Please check website policies to learn more about if and how they vet listed therapists (do they confirm credentials, licensing, and expertise, if they screen for complaints, etc.). Please note Mass General Hospital does not endorse any non-Mass General affiliated programs or providers. **Vermont Psychological Association-** Search for a therapist at: [vermontpsych.org/find-a-therapist/](http://vermontpsych.org/find-a-therapist/)

## Support Groups

- **Vermont Peer Support Agencies-** A list of organizations that provide peers support services in the state:  
[mentalhealth.vermont.gov/services/peer-services/vermont-peer-services-organizations](http://mentalhealth.vermont.gov/services/peer-services/vermont-peer-services-organizations)
- **National Alliance on Mental Illness (NAMI) Vermont-** Offers support groups for adults that have experienced symptoms of a mental health condition. In addition, specific groups are available to family members. See group listings at:  
[namivt.org/support-groups/](http://namivt.org/support-groups/)

## Online Programs

There are several online sites that offer a variety of services including video meetings, phone calls, live chat and messaging. They can be helpful, but may not offer all of the services above, may have monthly/weekly fees, and may not be covered by insurance. Examples include Amwell, Better Help and TalkSpace. Learn more at: [apa.org/monitor/2017/02/online-therapy](http://apa.org/monitor/2017/02/online-therapy).