

# You are not alone We are here to help

# COVID SUPPORT VT

*Promoting mental health and wellness for all*

**COVID Support VT is a grant funded program providing emotional and wellness supports, free of charge, to any Vermonter who needs them during the pandemic. They can help you and your community with the following resources:**

**Support Counselors** Help is available by calling 2-1-1, option #2, Mondays-Fridays, 8am-8pm. These caring counselors provide emotional support, self-care tips and connections to community resources. The Support Counselor Poster is available [here](#).

**Health and Wellness Workshops** Support Counselors host a variety of virtual workshops to provide proven strategies that promote health and wellness. Visit our [website](#) to learn about all workshop offerings. And, they also provide workshops [upon request](#). The Health and Wellness Workshop Flyer is available [here](#).

**Town Halls** COVID Support VT will host a monthly Town Hall Series focused on educating community members and stakeholders about available resources across the state by topic. Town Halls schedule can be found [here](#).

**Self-Care Resources** The [COVID Support VT](#) website is full of helpful tips and connections to support you during this challenging time. Here are just two examples:

- [Self-help Wellness Flyer](#), available in many languages
- [Daily Stress Management Plan](#)

**Social Media** Our social media channels are a great source of wellness ideas and tips. Please connect with us via [Facebook](#), [Twitter](#) and [Instagram](#) @covidsupportvt. To stay up to date, sign up for our [newsletter](#) and [blog](#).



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# COVID Support VT WORKSHOPS

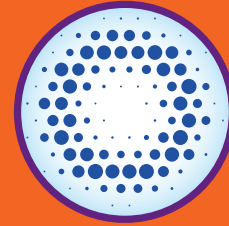
PROVEN STRATEGIES TO IMPROVE HEALTH AND WELLNESS



## Healthy Vermonters Workshops

A variety of workshops with  
interactive wellness activities:

- Writing Through COVID
- Mental Health First Aid
- COVID Recovery Through Wellness



## Workshops Available Upon Request

Topics include:

- Wellness and Recovery
- Compassion Fatigue
- Supporting Staff Through COVID
- Grief and Loss

We are here to help.  
Call 2-1-1, option #2,  
for confidential and  
free support.

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To register, visit  
[COVIDSupportVT.  
org/workshops](https://COVIDSupportVT.org/workshops) or  
scan the QR code.

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**No computer? No problem!**  
Join our workshops by  
telephone. Call 2-1-1,  
option #2 for details.

