

MENTAL HEALTH RESOURCES AT MIDD

COUNSELING AND SUPPORT RESOURCES

MIDDLEBURY COUNSELING

Individual and group counseling

Monday through Friday, 8:30 a.m. to 4:30p.m.

Call for an appointment

Phone: 802-443-5141

[go/counseling/](#)

TIMELYCARE

24/7 in the moment support and scheduled counseling

Download TimelyCare app and
log in with your Midd SSO

[go/TimelyCare/](#)

MIDDSAFE

Peer run interpersonal violence hotline

24/7 when classes are in session

Phone: 802-377-0239

[go/onlineadvocate/](#)

HEALTH & WELLNESS EDUCATION

Health coaching, well-being planning,
alcohol and other drug education and support

Phone: 802-443-5389

[go/askhwe](#)

MENTAL HEALTH PEER EDUCATORS

Peer led mental health education group providing
workshops and resources

Email: mhpe@middlebury.edu

Instagram: [@mhpemidd](#)

CRISIS RESOURCES

PUBLIC SAFETY

24/7 support and information resource

Call **802-433-5911** to request help, to be transported to
Porter Medical Center, or to get the numbers for
additional resources

CRISIS TEXT LINE

24/7 crisis text line

Text **HOME to 741741** to connect with a crisis counselor

Website: www.crisistextline.org

COUNSELING SERVICES OF ADDISON COUNTY EMERGENCY SERVICES

24/7 crisis line for Addison County

Phone: **802-388-7641**

Website: csac-vt.org

THE TREVOR PROJECT

24/7 crisis line for LGBTQ folks

TrevorLifeline: Call **1-866-488-7386**

TrevorText: Text **START to 678678**

TrevorChat: thetrevorproject.org/get-help-now

NATIONAL SUICIDE PREVENTION LIFELINE AND CHATLINE

24/7 crisis line

Phone line: 800-273-8255

Chat line: suicidepreventionlifeline.org/chat/

TIMELYCARE- TALKNOW

24/7 in the moment support

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