

Need Mental Health or Substance Use Disorder Resources? We Can Help.



Maintaining your mental health can be just as important as your physical health when it comes to ensuring your overall well-being. But when you need help with mental health or substance use care, it can be difficult to know where to turn.

You have options. These helpful resources can support you or a loved one with your mental health journey.

What mental health and wellness resources are available?

As a Blue Cross VT member, you may have access to additional offerings, like the free **Be Well Vermont** Wellness program. See what’s included, from healthy habit tracking to tips, video exercises and more. Click [here](#) to learn more or paste the URL in your browser:

<https://www.bluecrossvt.org/health-community/your-health-and-wellness/health-and-wellness-guidance>

How do I find a new mental health provider?

Here are options for finding a provider quickly. Click [here](#) or paste the URL in your browser:

<https://www.bluecrossvt.org/health-community/blog/listing/finding-mental-health-provider>

What if I need to see a mental health provider remotely?

We have several telehealth services for mental health or substance use disorder. Click [here](#) or paste the URL in your browser:

<https://www.bluecrossvt.org/find-doctor/telemedicine-care/mental-health-telemedicine-support>

How can I learn more about the costs of mental health care?

The Blue Cross VT Cost Estimate Tool is a great resource. See how it works:

<https://www.bluecrossvt.org/health-community/blog/listing/enhanced-cost-estimator-tool-now-available/>

Is there someone who can help me or a family member arrange for mental health care?

Our team is well equipped to support mental health and substance use disorder needs. Find out what a Blue Cross VT case manager can do for you or your covered loved one. See the list of care offerings available to you through our skilled and supportive case managers. Click [here](#) or paste the URL in your browser:

<https://www.bluecrossvt.org/health-community/your-health-and-wellness/help-managing-your-health>

Are there additional mental health resources in my area?

Vermont has local, state, and national mental health resources in addition to what is offered by Blue Cross VT. *We’ve shared some of those resources below for your reference.*

Experiencing a mental health crisis?

These **24/7 support services** are available to everyone, not just Blue Cross VT members:

- **Vermont Peer Support Line:** Call or text **833-888-2557**
- **Crisis Text Line:** Text “VT” to 741741
- **The National Suicide Prevention Lifeline:** Dial **988**

You can also visit the Vermont Department of Mental Health for a list of designated agencies by region. Click [here](#) for the list of community mental health agencies and regional crisis lines, or paste the URL into your browser:

<https://mentalhealth.vermont.gov/get-help-now>

Seeking urgent mental health care in person?

Vermont offers everyone the **Mental Health Urgent Care** services listed below:

MENTAL HEALTH URGENT CARE (HOWARD CENTER)

- **Hours:** Monday – Friday, 9 a.m. – 5 p.m.
- **Location:** 1 South Prospect Street, Burlington, VT 05401
- **Phone:** **802-488-MHUC (6482)**
- **Access:** No appointment needed; walk-ins are welcome. Free parking and **public transit access**.
- howardcenter.org/mhuc/

ACCESS HUB (Washington County Mental Health Services)

- **Hours:** Monday - Thursday 7 a.m. – 7 p.m.; Friday 7 a.m. – 4 p.m.
- **Location:** 34 Barre Street (Downing Street entrance), Montpelier, VT
- **Phone:** **802-302-3200**
- **Access:** Adults 18+; peer counseling, assessment, brief treatment, referrals.
- www.wcmhs.org/wcmhs-org/accesshub

FRONT PORCH: MENTAL HEALTH URGENT CARE (NKHS)

- **Hours:** Open 24/7
- **Location:** 235 Lakemont Road, Newport City, VT
- **Phone:** **802-624-4016**
- **Access:** Walk-ins are accepted; immediate mental health care for adults and families in crisis.
- nkhs.org/front-porch-mental-health-urgent-care

INTERLUDE ADULT MENTAL HEALTH URGENT CARE (Counseling Service of Addison County, Inc)

- **Hours:** By appointment (same day available); M/Tu/Th/F, 10a.m. – 6 p.m.; W, Noon – 6 p.m.
- **Location:** Interlude (at Marble Works), 99 Maple St. #16, Middlebury, VT
- **Phone:** **802-458-8219**
- **Access:** An alternative crisis offering for adults 18+. Weekday hours and walk-in services or by appointment welcome.
- csac-vt.org/services/adult-mental-health/interlude/