

I need
to talk.

I'm
glad you
called.

**Are you struggling with
a challenging situation?**

Do you have feelings of
sadness, loneliness, isolation,
anger, or depression?

**You don't have to
face it alone.**

Connect with a caring person
who understands what you're
going through by calling
or texting us.



(833) VT-TALKS

Call or text (833) 888-2557

OPEN 24/7!

Learn more about
Pathways Vermont Support Line
and our other programs at
www.pathwaysvermont.org

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SUPPORT LINE

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**Free, confidential,
non-judgmental support and
connection for all Vermonters**

Who We Are

The **Pathways Vermont Support Line** provides anonymous, non-judgmental support and connection for all Vermonters by phone. It's staffed by local peers who've been through tough situations themselves. They listen, talk with you, provide insight, and help you face life's challenges.

Since 2013...

28,285 calls completed

1,134 calls diverted from emergency services



“I was happy to feel a connection with another human that had been through so many of the same things... thank you for saving my life.”

- Anonymous, Age 23



PathwaysVermont
SUPPORT LINE
(833) VT-TALKS

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“The support line is one place where I don't feel alone in the world. It's so good to be able to pick up the phone and hear an empathetic voice on the other end.”

- Anonymous, Age 62

What Can I Connect About?

Anything. We provide non-judgmental support and connection by phone for times such as:

- You need support for substance abuse, challenging life events, suicidal thoughts, or relationship issues.
- You had a bad day, or a fight with a friend.
- You are thinking about making some major changes in your life, but aren't ready to discuss with those around you.
- You are feeling alone and just want to talk with someone.

What if My Call Goes to Voicemail?

Sometimes the number of people calling exceeds the number of operators answering calls. Please leave a message with your number so we can reach you as soon as possible.

We will get back to you.



“I am really glad the Support Line exists. I have gotten more help in the past two weeks than I've found over the past two years. Thank you.”

- Anonymous, Age 39