

**STARTING OVER STRONG -- AN OUTREACH PROGRAM FOR VERMONTERS
AFFECTED BY TROPICAL STORM IRENE – HELP IS JUST A PHONE CALL AWAY**

Did Irene leave you feeling stressed out, anxious, depressed?

Starting Over Strong can help. Call 855-767-8800.

Or call your county mental health agency.

COUNTY	PROVIDER	TELEPHONE	COUNTY	PROVIDER	TELEPHONE
			Grand Isle	Northwestern Counseling & Support Services	802-524-6554
Addison	Counseling Service of Addison County	802- 388-7641	Lamoille	Lamoille Community Connections	802- 888-4914 after hours: 802- 888-4231
Bennington	United Counseling Service	802- 442-5491	Orange	Clara Martin Center	800- 639-6360
Caledonia	Northeast Kingdom Mental Health	802- 748-3181	Orleans	Northeast Kingdom Mental Health	802- 334-6744
Chittenden	Crisis Services of Chittenden County	802- 488-6400	Rutland	Rutland Area Counseling Services	802- 775-1000
Chittenden	Howard Center First Call for Children & Families	802- 488-7777	Rutland	Rutland Area Counseling Services (for children in Rutland County)	802- 773-4225
Essex	Northeast Kingdom Mental Health	802- 334-6744	Washington	Washington County Mental Health	802- 229-0591
Franklin	Northwestern Counseling and Support Services	802- 524-6554	Windham	Health Care and Rehab Services	800- 622-4235
Grand Isle	Northwestern Counseling and Support Services	802- 524-6554	Windsor	Health Care and Rehab Services	800- 622-4235

