

Referral Information and Resources

Crisis Services, Helplines and Suicide Prevention Resources

If you are concerned about your immediate safety or that of anyone in your family, call 911 or go to your nearest hospital emergency department. If you or anyone in your family is in crisis or experiencing suicidal thoughts, here are some services and resources to call upon.

National Suicide Prevention Lifeline: 988

- 24/7 Crisis Line. www.suicidepreventionlifeline.org
- Calls are directed to a trained crisis counselor in the state or region where you live.
- **Veterans Crisis Line: 1-800-273-TALK (800-273-8255)** & press 1
www.veteranscrisisline.net

National Crisis Text Line: 741741 (VT: Text VT to 741741 – NY: Text NY to 741741)

- Free, 24/7 crisis support by trained crisis counselor
- You get an automated text response first, and then a response from a counselor. They work with you until you feel calmer and have a positive plan for next steps.
- <https://www.crisistextline.org>

The Trevor Lifeline: 866-488-7386

- Provides crisis intervention and suicide prevention services to LGBTQ (lesbian, gay, bisexual, transgender, and questioning) youth.
- Trevor Chat: 202-304-1200
- The Trevor Project: www.thetrevorproject.org

Vermont Crisis Services

- Chittenden County: **First Call of Chittenden County: 802-488-7777**
- Map showing all Vermont Crisis Services & phone numbers, go to: <https://vtspc.org/wp-content/uploads/2018/02/VT-crisis-lines-resource.pdf>

211 Help and Referral Service

- Provides live referral help to public and private, state, and community health and mental health services.
- **Vermont:** Dial 2-1-1 from anywhere in Vermont. www.vermont211.org.
- **New York:** Dial 2-1-1 from anywhere in New York state. www.211nys.org.

Information from the American Foundation for Suicide Prevention <https://afsp.org/>

- **Warning Signs and Risk Factors of Suicide Risk:**
<https://afsp.org/about-suicide/risk-factors-and-warning-signs/>
- **Teens and suicide: What parents should know:**
<https://afsp.org/campaigns/talk-about-mental-health-awareness/teens-and-suicide-what-parents-should-know/>

Resources for finding a Psychiatrist in and around Burlington, Vermont:

- **Primary Care Providers (PCP)** - Ask your doctor if there is a psychiatrist they know or who is affiliated with their practice who they can refer you to.
- **Community Health Centers of Burlington (CHCB) – 802-864-6309** – If you don't have a PCP, consider establishing care at CHCB. CHCB providers include primary care and mental health clinicians, including psychiatrists. Website: <https://www.chcb.org/>
- **Otter Creek Associates – 802-865-3450** – Otter Creek is an affiliation of psychiatrists, psychologists, and psychotherapists. There is an Intake Coordinator on staff who can help you find an affiliated psychiatrist, if one is available.
- **UVM Medical Center Outpatient Adult Psychiatry (UVMOC): 802-847-4560** – UVMOC has an Intake Coordinator who might be able to help you schedule an appointment with a psychiatrist. There is often a long wait for appointments and you might need a referral from your PCP in order to get an appointment.
- **Vermont Center for Children, Youth and Families (at UVMOC) – 802-847-4563** – High quality mental health services for children and adolescents. To make an appointment, a referral from your PCP or pediatrician is required. Psychiatrists on staff. There is often a long wait list for appointments.
- **Howard Center for Human Services – 802-488-6000** – Howard Center provides a broad range of mental health services. You can request an appointment with one of the psychiatrists on staff. See www.howardcenter.org.
- **Your Insurance Company** - If you are insured, contact the Customer Service Line for Mental Health and Substance Abuse on the back of your insurance card. They may be able to provide you with names of psychiatrists who are covered by your insurance plan.
- **Psychiatrists in Private Practices (Chittenden County, Vermont)** – Here are a few well-respected, local psychiatrists who might be able to offer an appointment or provide further referral help:
Green State Psychiatry - Harris Strokoff, MD and associates: <https://greenstatepsych.com/>- 802-489-5552. **Lizabeth Pontzer, MD** -802-654-7607. **D. Scott Allan, MD** -802-651-7743. **Kyle Monehan, MD** -802-636-4545. **Smita Lahoti, MD** -201-417-0389. **Mark McGee, MD** - 802-310-9127 mcgee@alpinetelehealth.com