

Starting Over Strong VERMONT



We are here to help. We are here to listen.

Starting Over Strong Vermont (SOS-VT)

This program is a disaster recovery program designed to support survivors through community outreach and access to mental health resources. SOS-VT is a program that helps people recover and rebuild their lives after a disaster.

SOS-VT is here to provide assistance and education to all Vermonters who live and work in the declared counties: Caledonia, Chittenden, Lamoille, Orange, Orleans, Rutland, Washington, Windham, and Windsor.

This is an anonymous program designed to provide outreach, support, and connection to resources and services. Get connected to the support you need, free of charge.

Are you experiencing any of the following signs of stress?

- Difficulty falling or staying asleep, having nightmares
- Low energy or difficulty concentrating
- Irritability, outbursts of anger
- Crying, feeling sad
- Excessive drinking or drug use
- Feeling nervous or "on edge"
- Constant worrying
- Incapacitating guilt and self-doubt
- Sudden painful emotions
- Feeling apathetic or numb, withdrawing from others

**Move forward again with help from Starting Over Strong Vermont.
Call 211 today!**

Starting Over Strong VT Counseling Goals:

- Helping disaster survivors understand their current situation and reactions
- Reducing stress and providing emotional support
- Assisting survivors in reviewing their disaster recovery options
- Promoting the use or development of coping strategies
- Connecting survivors with other people and agencies who can help them in their recovery process

2·1·1

Dial 2-1-1 to be connected to resources in your area, or call 866-652-4636, or 802-652-4636.

mentalhealth.vermont.gov/sosvt

