

Don't have a place to sleep tonight? Keep getting kicked out? Taking off because you're done arguing all the time? Running away because it's not safe?

HELP IS JUST AROUND THE CORNER.

VCRHYP agencies offer counseling and support to young people aged 12–24, including emergency shelter for people under 18 and longer-term housing for ages 16 and up.

Connect 24 hours a day, every day.



VERMONT COALITION
OF RUNAWAY & HOMELESS YOUTH PROGRAMS

① **Northwestern Counseling & Support Services, ST. ALBANS**
(802) 524-6554
ncssinc.org

④ **Lamoille Family Center, MORRISVILLE**
(802) 888-5229
(802) 279-8548 (after hours)
lamoillefamilycenter.org

③ **Spectrum Youth & Family Services, BURLINGTON**
(802) 864-7423
spectrumvt.org

⑦ **Addison County Parent/Child Center, MIDDLEBURY**
(802) 388-3171
addisoncountypcc.org

⑨ **United Counseling Services, BENNINGTON**
(802) 442-1700
ucsvt.org

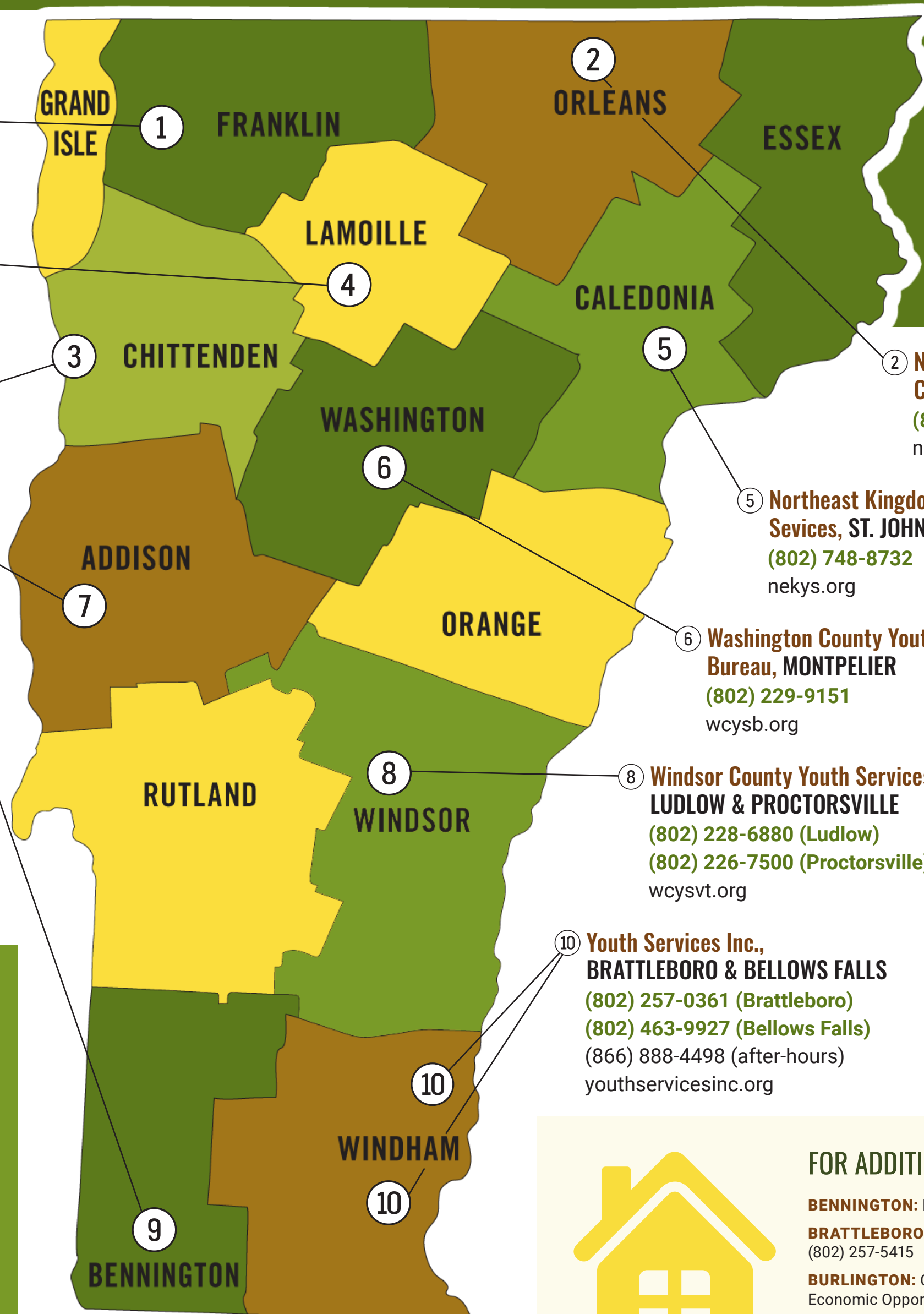
② **Northeast Kingdom Community Action, NEWPORT**
(802) 334-7316
nekcvat.org

⑤ **Northeast Kingdom Youth Services, ST. JOHNSBURY**
(802) 748-8732
nekys.org

⑥ **Washington County Youth Service Bureau, MONTPELIER**
(802) 229-9151
wcysb.org

⑧ **Windsor County Youth Services, LUDLOW & PROCTORSVILLE**
(802) 228-6880 (Ludlow)
(802) 226-7500 (Proctorsville)
wcysvt.org

⑩ **Youth Services Inc., BRATTLEBORO & BELLOWS FALLS**
(802) 257-0361 (Brattleboro)
(802) 463-9927 (Bellows Falls)
(866) 888-4498 (after-hours)
youthservicesinc.org



National Runaway Safeline: Call 1-800-RUNAWAY (786-2929) or chat online at 1800runaway.org



TXT 4 HELP is a nationwide, 24-hour text-for-support service for teens in crisis. **Text the word "safe" and your current location (address, city, state) to 4HELP (44357).** Within seconds, you will receive a message with the closest Safe Place site and phone number for the local youth agency. For immediate help, reply with "2chat" to text interactively with a trained counselor.

Vermont Crisis Text Line: Free, round-the-clock mental health support through text messaging. Texts are confidential and will not show up on your phone bill. **Text: "VT" to 741741**



Vermont's Domestic or Dating Violence Hotline: 1-800-ABUSE-95 (800-228-7395)
Sexual Violence Hotline: 1-800-489-RAPE (800-489-7273)

OR GET HELP HERE



Queer support & education textline: Queer, trans, questioning, intersex, and allied youth can now get answers to their questions about sex and sexuality by **texting 724-888-SASS (7277)** anytime, and receive a free, confidential, and medically accurate answer back within 24 hours.



VT Legal Aid Housing Discrimination Law Project: Call 1-800-899-2047 or visit vtlawhelp.org for support with fair housing, legal, and eviction issues.



Need other assistance? Call 2-1-1 anywhere in Vermont to connect to resources. It's free, confidential and available 24/7. Or text your zip code to **898211** (Mon-Fri, 8am-8pm) to chat with a Contact Specialist.

IN SCHOOL AND LOST YOUR PLACE TO STAY?

Supports are available to you and your family through your local **McKinney-Vento liaison**. Ask your guidance counselor, teacher, or local VCRHYP program listed above.



FOR ADDITIONAL SHELTER OR HOUSING OPTIONS, CONTACT YOUR LOCAL HOUSING PARTNER:

BENNINGTON: BROC, (802) 445-7515

BRATTLEBORO: Groundworks Collaborative, (802) 257-5415

BURLINGTON: Champlain Valley Office of Economic Opportunity, (802) 318-2326

HARTFORD: Upper Valley Haven, (802) 295-6500

MIDDLEBURY: Charter House, (802) 989-9746

MONTPELIER/BARRE: Capstone Community Action, (800) 639-1053

MORRISVILLE/MORRISTOWN: Capstone Community Action, (800) 639-8710

NEWPORT: Northeast Kingdom Community Action, (802) 334-7316

RANDOLPH: Capstone Community Action, (800) 846-9506

RUTLAND: Homeless Prevention Center, (802) 775-9286

ST. JOHNSBURY: Northeast Kingdom Community Action, (802) 748-6040

SPRINGFIELD: Springfield Supported Housing, (802) 885-3034

ST. ALBANS: Champlain Valley Office of Economic Opportunity, (802) 527-7392