If you are concerned about your own or another student’s mental health, call any of these resources 24/7 for information or support:

- **WellConnect**
  - 866-640-4777
  - WellConnectForYou.com (Code: UVMCOM)

- **UVM CAPS**
  - 802-656-3340
  - https://www.uvm.edu/health/CAPS

### Additional Crisis Resources:

- National Suicide Prevention Lifeline: (800) 273-TALK (8255) / TTY (800)-799-4TTY (4889)
- Vermont:
  - First Call of Chittenden County: (802) 488-7777
  - Vermont Crisis Text Line: text VT to 741741
  - Police Wellness Check*: 203-854-3000
- Connecticut:
  - ACTION LINE: 1-800-467-3135 (or 211)
  - Danbury Police Wellness Check*: 203-797-4611
  - Norwalk Police Wellness Check*: 203-854-3000

Any of the numbers above will connect you with helpful resources or support for you or another student. Make contact when:

~You or someone else has thoughts of suicide/self-harm~
~You or someone else has thoughts of harming someone else~
~When you feel like you need extra support~

**When in doubt, it's always better to ask for help**

*You can request a Police Wellness Check to have a police officer stop by someone’s home to make sure they are ok. You do **NOT** need to have the person’s address.*

If you need assistance with academic or wellness planning, please go to med.uvm.edu/studentservices to sign up for a drop-in appointment.