

Therapeutic Resources



The following is a list of therapeutic resources for individuals living in Vermont. If you are not finding what you need, please feel free to utilize the Frymoyer Community Resource Center, (802) 847-8821, medical librarian for state-wide resources for both medical and integrative health resources.

COMMUNITY RESOURCES

Child Care Resource (802-863-3367)

Provides information and referrals to quality child care programs that serve children from infancy to age 12. These services are offered to employees at no charge.

Community Health Team/Primary Care (802-847-2278)

The Community Health Team at the University of Vermont Medical Center provides a number of services, including:

- Conducting health screening assessments
- Helping you manage your medications
- Connecting you with community/financial resources
- Tobacco Cessation Services
- Helping you sustain positive health behaviors like eating well, becoming more active and managing stress by connecting you to our series of free Healthier Living workshops.
- Healthier Living Workshops

Frymoyer Community Resource Center (802-847-8821)

The Frymoyer Community Health Resource Center at the University of Vermont Medical Center is staffed with a full-time medical librarian and health educator to help you with all your health related questions.

United Way Vermont211 (1-866-652-4636)

Provides list of resources for such important items as transportation day care, legal information, family resources and education to mention a few. Vermont211 is free and confidential.

Health Assistance Program - (802-847-6984)

The Health Assistance Program (HAP) at the University of Vermont Medical Center offers patient assistance, financial assistance, advocacy support and other services such as:

- connection to hospital programs that provide healthcare at a reduced cost
- resources to help pay for medications and/or medical supplies
- limited resources for dental care and eyeglasses
- links to additional community resources and health information

COUNSELING

Cross Roads Program CBT (802-288-1087)

Offers Intensive Outpatient for depression and anxiety treatment

Howard Center for Human Services (802-488-6000)

INTEGRATIVE HEALTH

Benson Henry Institute (617-643-6090)

The Benson-Henry Institute for Mind Body Medicine (BHI) at Massachusetts General Hospital is dedicated to research, teaching and clinical application of Mind Body Medicine and its integration into all areas of health.

Laura Mann Center for Integrative Health (802-656-9266)

The Laura Mann Center promotes the benefits of integrative health by bridging the gap between individuals from the community and health practitioners from all disciplines. This is a resource for the integrative health community and the center works to improve communication among providers and patients, administer educational programs and support integrative initiatives.

MindBody Medicine (802-847-2673)

The MindBody Medicine Clinic Management of Chronic Pain Program at UVM Medical Center accepts patients with a spectrum of chronic pain types such as arthritis, joint pain, back and neck pain, headaches, neuropathic pain, pelvic pain and fibromyalgia.

Vermont Center for Integrative Therapy (802-658-9440)

They believe that the most effective and efficient approach to wellness addresses the whole person—body, mind, spirit, emotions and relationships with the self and others—in an integrated and collaborative way.

MENTAL HEALTH & SUBSTANCE ABUSE

Day One (802-847-3333)

Day One gives personalized treatment for drug addiction to get you on the road to recovery and help keep you there.

Howard Center (802-488-6000)

Their mission is to improve the wellbeing of children, adults, families and communities.



VERMONT CRISIS SERVICES— REACH OUT FOR HELP

CRISIS SERVICES BY COUNTY

Addison	(802) 388-7641
Bennington	(802) 442-5491
Chittenden	(802) 488-6400
Franklin-Grand Isle	(802) 524-6554
Lamoille	(802) 888-4914
After Hours	(802) 888-4231
Northeast Kingdom	
Orange	(800) 639-6360
Orleans NEKMH	(802) 334-6744
Rutland	(802) 775-1000
Rutland (Children's Crisis)	(802) 773-4225
Washington	(802) 229-0591
Windham/Windsor	(800) 622-4235
Act 1/Alcohol Crisis	(802) 488-6425
First Call (Chittenden)	(802) 488-7777
Domestic Abuse	(802) 658-1996
Plattsburgh NY Crisis	(518) 563-8206
National SUICIDE Hotline	(800) 273-8255
UVM Medical Center Security	(802) 847-2812

NATIONAL SUICIDE HOTLINE: 1-800-273-8255

SUICIDE TEXT LINE: 741741

NUTRITION (802-999-9207)

Whole Health Nutrition, LLC is the only nutrition-consulting group in the state of Vermont. The company is centered on a shared vision of health and wellness. We teach our clients to optimize health and wellbeing through the use of delicious, functional foods.

VETERANS SUPPORT SERVICES

Burlington Outpatient Lakeside Clinic	(802) 657-7000
South Burlington Vet Center	(802) 862-1806
White River Junction VA Medical Center	(802) 295-9363 or (802) 295-9363
White River Junction Regional Benefit Office	800-827-1000
Veterans Benefits Administration Offices	800-827-1000

VETERAN & MILITARY FAMILY SERVICES

The Turning Point Center - (802) 861-3150

191 Bank Street, Suite 200

Burlington, VT 05401

Office of Veterans Affairs - www.vermont.gov

This site contains information to help you understand what benefits and services are available for Vermont veterans.

The site consolidates information from numerous federal, state, and private organizations in order to make it easier for you to find what you are looking for.

MOBILE APPS FOR PATIENTS WITH CHRONIC CONDITIONS



Happify: Activities and games for stress and anxiety. *Happify* brings you effective tools and programs to take control of your emotional wellbeing. Our proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness and cognitive behavioral therapy for decades.



Meditation Music: Relax, Yoga - Take a deep breath. Stop worrying. Relax and meditate with the best selection of meditation music and find inner peace and calmness.



White Noise Generator: Mix the relaxing sounds and create your own favorite mixes for relaxation, sleeping, or concentration



Calorie Counter -My Fitness Pal: Whether you want to lose weight, tone up, get healthy, change your habits, or start a new diet, MyFitnessPal has you covered.



Nutrition Facts: This application has a convenient and quick search. Select the desired product and receive its details: proteins, fats, carbohydrates, vitamins, minerals and calories. By default, the calculation is made for 100 grams of product.



CDC: Access the most up to date health information.



Calm: Live mindfully. Sleep better. Breathe deeper.

For more information, email stressmanagement@uvmhealth.org or call 802-847-1089.