

The background is a light blue and white gradient with several red rotary telephones scattered around. Some are whole, some are just receivers, and some are just bases. The telephones are in various orientations, creating a sense of movement and connection.

Connection In Isolation

**Pathways Vermont
Support Line During the
Covid-19 Pandemic**

WHAT IS THE SUPPORT LINE?

The Pathways Vermont Support Line is a free, confidential “warm line” for support and connection via phone and text 24/7.

A hand holding a rotary telephone receiver against a warm orange background. The word "MISSION" is written in white, uppercase letters on the top part of the receiver. The background is a solid, warm orange color. The telephone receiver is white and has a coiled cord extending from the bottom. The hand is holding the receiver from the side, with the thumb and index finger visible. The word "MISSION" is positioned at the top of the receiver, above a small cluster of dots. The text on the right is in a clean, black, sans-serif font, arranged in five lines. The overall composition is simple and focused on the theme of support and communication.

MISSION

The mission of the Pathways Vermont Support Line is to provide non-judgemental, unbiased, safe and confidential support to Vermonters who reach out.

PHILOSOPHY

- The Support Line uses Intentional Peer Support model to support callers without judgement, coercion or advice giving.
- A belief in the inherently healing power of connection
- Trust in the immense capacity for growth, change and resilience that exists in each person
- Deference to the individual as the expert on themselves

DIFFERENT FROM CRISIS?

D.A. Crisis Hotlines

- Clinical support
- Provide screening for higher level services
- Offer counseling when possible

Pathways Vermont Support Line

- Peer support
- Do not screen for higher level services but can refer callers to crisis or emergency services
- Provide support and connection for any identified need

CREATING CONNECTION, SAVING LIVES

- Suicide is the 8th leading cause of death in Vermont
- 1 in 5 adults feel they lack sufficient social support
- 1 in 3 adults over 45 report loneliness
- 1 in 12 American college students have made a suicide plan



I need to talk.

I'm glad you called.

PathwaysVermont
SUPPORT LINE

Providing confidential, non-judgmental support and connection to all Vermonters

Now Open 24/7!

(833) VT - TALKS

To text, please dial (833) 888 - 2557

Call or Text!

PATHWAYS VERMONT SUPPORT LINE

(833) VT - TALKS

(833) 888 - 2557

Open 24/7!

Resources available:

- Pamphlets
- Postcards
- Flyers
- Digital materials

Website:

www.pathwaysvermont.org

To request materials or a presentation for your group:

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