



Department of Health
Agency of Human Services



'Starting Over Strong - Vermont' Services Available After the Flood Through 2012

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Media Contact:
Starting Over Strong - Vermont
855-SOS-VT00 (855-767-8800)

MONTPELIER - Crisis counseling, emotional support and psychological first aid continues to be available to Vermonters most affected by flooding in the wake of Tropical Storm Irene.

Anyone in need can call toll-free 855-SOS-VT00 (855-767-8800) to access 'Starting Over Strong-Vermont' (SOS), a Crisis Counseling and Assistance and Training Program that provides short-term support for individuals, groups, and communities impacted by flooding. The services are free and will be available through the first anniversary of Irene (Aug. 28, 2012).

A lead team of crisis support workers from around the state are available to anyone affected by the historic flooding this fall. The service helps people find healthy ways to deal with loss and stress, and better understand and cope with their experiences from the flood. SOS-V services promote resiliency and recovery through the rebuilding process.

People who may be in need of more intensive support or treatment will be referred to community services and agencies.

'S.O.S. Vermont' is supported by Federal Emergency Management Agency (FEMA) grant funding and is administered by **Washington County Mental Health Services** in conjunction with other designated mental health agencies and community services in the hardest hit regions of our State.

To find more information about taking care of your mental and emotional health throughout the storm recovery effort, go to <http://healthvermont.gov> and choose 'After the Flood.'

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