

# Substance Use and Mental Health

## Resources to Support Youth, September 2025

Recent Vermont Department of Health data products have focused on the overlapping risks between substance use and mental health. This document provides a list of resources for schools, families, and communities looking for support related to these complex issues.

If you need help accessing or understanding this information, contact [AHS.DSU@vermont.gov](mailto:AHS.DSU@vermont.gov)

### Get Support or Help Right Now for...



- **A Mental Health Crisis:** [988 Suicide and Crisis Lifeline](#): If someone is experiencing a mental health and/or substance use crisis, the person, or someone who is concerned about them, can call, text, or [chat](#) 988 for free and confidential support 24-hours a day, seven days a week.



- **Substance Use support:** [VT Helplink](#) is a statewide resource for people with substance use disorder and their families to connect with support and services. The call center and website provide information and referrals for prevention, intervention, harm reduction, treatment, and recovery services in Vermont. [VTHelplink.org](http://VTHelplink.org)



- **LGBTQ-focused Crisis Support:** [Trevor Lifeline](#) – 1-866-488-7368
- **Mental Health Support:** Community mental health agencies offer counseling, support groups, and other services for youth and families. [Find Your Local Agency](#)
- **Tobacco & Nicotine Cessation Support:** Youth ages 12-17 who want to quit vaping, smoking, or other nicotine products can use [My Life My Quit™](#), a free and confidential text and chat service. Text START to 36072 or visit [MyLifeMyQuit.org](http://MyLifeMyQuit.org). Adults 18+ can use [802quits.com](http://802quits.com).
- **Gambling Behavior Support:** Young people experiencing substance misuse or mental health challenges are at increased risk for problems with gambling. Information and resources for caregivers and [Gambling Helpline](#) Specialists are available 24-hours a day, seven days a week.



**HealthVermont.gov**  
**802-863-7200**



## Additional Resources



- **Connect with experts** at your [Office of Local health](#) such as your local [Prevention Consultant](#) to discuss substance misuse prevention and other health-related topics, such as [naloxone](#).
- Visit DSU's [Community Prevention Programs](#) page for more details about our community and school-based grants.
- **Prevention for Stronger Schools** is a Health Department collection of resources to help elevate the role and impact of prevention in schools. [Healthvermont.gov/schoolprevention](https://healthvermont.gov/schoolprevention).



- **Address Nicotine and Vaping in Schools:** [This Educational Toolkit](#) is a digital guide that provides schools, parents/guardians, youth, and community partners with access to the latest information on youth vaping, evidence-based prevention curriculum for middle and high schools, cessation resources, and restorative practice policies.
- **Facing Suicide VT** is a statewide prevention effort providing access to suicide [prevention](#), training, education, support, and advocacy resources, including a resource for [school leaders and staff](#). [FacingSuicideVT.org](https://FacingSuicideVT.org).



- **ParentUp** helps parents and caregivers to have conversations with their children about alcohol and other drugs. [ParentUpVT.org](https://ParentUpVT.org). **Healthy at Home** provides simple steps to keep your home, and everyone in it, healthy and safe. [healthvermont.gov/HealthyAtHome](https://healthvermont.gov/HealthyAtHome). Learn about other [substance use messaging](#) campaigns.
- Recovery is a journey that your child and family don't have to walk alone. Find Recovery Services in regional Recovery Centers for caregivers and teens including recovery coaching, support groups, and referrals. Many schools partner with local recovery services to offer support within the school setting as well. [Learn more about free recovery services available](#).



- The Vermont **Court Diversion** [Youth Substance Awareness Safety Program](#) provides an alternative to civil court for youth who violate underage substance use laws and connects youth using at high-risk levels to professional substance use clinicians.