

# ESSEX YOUTH RESOURCES

## ESSEX CHIPS

- Teen and Tween Center are open virtually with activities daily like cooking classes, D&D, and crafts.
- Call TeenLine at 855-273-8336 or email [teenline@essexchips.org](mailto:teenline@essexchips.org) weekdays 1-5 to talk and learn about helpful resources for teens
- Call the TeenLine number to get food from the food shelf
- Need a safe place to stay? Text “safe” along with your location (city, state, zip code) to 44357. A staff member will reach out to help get you housing, transportation, or whatever you need

## Vermont 2-1-1

Dial 211 to find hundreds of community resources like disability services, counseling, childcare, substance use disorder resources, legal assistance, educational opportunities. Tell them what you're going through and they will help!

## Aunt Dot's Place

Free food is distributed from the back entrance of 51 Center Road in Essex Junction to residents of Essex, Jericho, Underhill and Westford. The food shelf is open on Tuesdays from 6-7:30 p.m., Thursdays from 9-11 a.m., and Saturdays from 9-11 a.m. For more information, call 802-857-8208

## Brownell Library

Open for curbside pickup for books and library resources

- Middle school and High school gaming groups meet virtually monthly.
- Virtual crafts and book clubs

Visit [brownelllibrary.org](http://brownelllibrary.org) or call 802-878-6956 for dates and times

## Essex Junction Recreation and Parks

Offering afterschool programs, parks, and winter lights at Maple St Park through January 1st. Check out [essexrec.org](http://essexrec.org) for all programs

## Heavenly Pantry

Free food is distributed from the First Congregational Church of Essex Junction at 39 Main Street on the 2nd Monday of the month from 5:30-7:30 p.m. and the 4th Thursday of the month from 2-6 p.m. (3rd Thursday in December)

## Spectrum Youth and Family Services

Located in Burlington, this nonprofit supports Chittenden County youth with housing, counseling, a health center, and free lunch and dinner daily. Youth ages 14-24 are also welcome in their drop-in space. For more information, call 802-864-7423

# LET'S TALK ABOUT MENTAL HEALTH

**Talk to your parents or a trusted adult if you are feeling overwhelmed by your emotions.**

Some other signs that you or someone you care about may be struggling are: changes in eating or sleeping (either a lot more or a lot less), you feel like you aren't able to do things you normally do, like go to school, you don't want to hang out with your friends or family, don't want to do things you usually enjoy, fight a lot with family and friends, feel like you can't control your emotions, have low or no energy, feel hopeless, feel numb or like nothing matters, can't stop thinking about certain things or memories, feel confused or angry or worried constantly, want to harm yourself or others, have random aches and pains, hear voices, have racing thoughts, or are drinking or using drugs and are unable to stop.

## COMMUNITY RESOURCES:

- The Howard Center offers services like mental health and substance use counseling to everyone in the community, no matter what age. Call 802-488-6000
- OutrightVT helps build safe, healthy and supportive environments for those who identify in the LGBTQ youth community
  - Queer and questioning youth group meets virtually Friday Nights
  - Trans youth group meets once a month

For more information, call 802-865-9677

- OK2TALK.org is an online community where youth struggling with mental health conditions can find a safe place to talk about what they're experiencing by sharing their personal stories of struggle, recovery and hope
- The Trevor Project offers Crisis Support and Intervention for the LGBTQ+ youth community. Call 866-488-7386 or text START to 678678 to communicate to a counselor anytime of the day or night

### Did you know?

1 in 5 youth live with a mental health condition. Suicide is the 3rd leading cause of death for youth ages 15-24. 18% of middle school students in Vermont have had suicidal thoughts. 23% of middle school students and 31% of high school students in Vermont report feeling sad or hopeless.

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