

The recent COVID19 survey results and other sources make it clear that for many of us, this time of year is challenging. Many of us are lonely, sad, stressed, and anxious. The ongoing public health crisis has made a tough time even more difficult.

If you feel like this message is directed at you, please understand that you are not alone. Others feel the same way, but there are resources that can help. Asking for help is okay – and healthy!!

Here is a list of resources. DO NOT HESITATE!

- [National Suicide Prevention Lifeline – 1-800-273-8255](#)
- [Substance Abuse & Mental Health Services Administration Treatment Locator](#)
- [Vermont Lawyers' Assistance Program](#)
- Vermont LAP: 1-802-355-4352
- Boston LAP HELP Line: 1-800-525-0210 (will help, or refer to Vermont LAP)
- [Lawyers Depression Project](#) (peer-to-peer support for legal professionals)
- [The Addiction Center](#)
- [Al-Anon](#)
- [Alcoholics Anonymous](#)
- [Alcohol Rehab](#)
- [DrugRehab.Com](#)
- [Gamblers Anonymous](#)
- [Vermont Alcohol & Drug Abuse Programs](#)
- [Vermont Association for Mental Health & Addiction Recovery](#)
- [Vermont Dept. of Health Alcohol & Drug Abuse Network](#)
- [Vermont Family Network – Mental Health Resources](#)
- [Vermont Suicide Prevention Center](#)
- [COPING WITH COVID-19 RELATED STRESS & ANXIETY](#)

Your COVID-19 Committee Co-Chairs

Bob Fletcher 802-660-2555 x. 214

Andrew Manitsky 802-860-1500