



State and National Resources

Vermont 2-1-1

(if you call from out of state they WILL answer your call and connect you with the appropriate center to help you)

National Suicide Hotline

1-800-273-TALK

1-800-273-8255

NH Hotline

1-866-444-4211

LOCAL MENTAL HEALTH AGENCIES

VT residents

1-800-696-4979

Northeast Kingdom Mental Health

NH residents

1-603-237-4955

Northern Human Services



Websites

www.suicidepreventionlifeline.org

<http://www.search-institute.org/content/40-developmental-assets-adolescents-ages-12-18>

(tips on how to give your child the 40 developmental assets)

www.afsp.org

www.spanusa.org

www.sprc.org

www.save.org

www.stopasuicide.org