

Starting Over Strong VERMONT



Starting Over Strong VT is a program that helps people recover and rebuild their lives after a disaster.

The program supports short-term interventions, with the following counseling goals:

Helping disaster survivors understand their current situation and reactions

Reducing stress and providing emotional support

Assisting survivors in reviewing their disaster recovery options

Promoting the use or development of coping strategies

Connecting survivors with other people and agencies who can help them in their recovery process

For Free confidential support contact our support staff at:

Phone: 802-424-5368

email: Community_Support@nkhs.net

Additional resources: Vermont 2-1-1, 866-652-4636 or 802-652-4636



24/7 CALL, TEXT, CHAT