



EVERGREEN

FAMILY HEALTH GROUP

EVERGREEN • CHARLOTTE • ALDER BROOK

Mental Health Resources

Groups of Independent Practitioners (in alphabetical order):

The Adams Center for Mind & Body

1233 Shelburne Road #D2, South Burlington

802-859-1577

<http://www.theadamscenter.com/>

802-264-5333

<https://counselingconnectionvt.com/>

Associates at the Gables

183 Talcott Road Suite 206, Williston

802-876-1100

<https://associatesatthegables.com/>

Dolan House

156 College Street Suite 201, Burlington

802-862-2334

<https://www.dolanhousevt.com/>

Associates in Psychology

92 Adams Street, Burlington

802-863-6114

<http://www.associatesinpsychologyvt.com/>

Healthy Minds

73 Main Street, St. Albans

802-524-0305

<https://www.healthymindsvt.com/>

Associates in Psychotherapy & Family

Counseling

34 Patchen Road, South Burlington

802-658-4208

<http://www.associatesinpsychotherapy.net/>

Meridian DBT

55 Main Street Suite 2, Essex Junction

802-489-7235

<https://www.meridiandbt.com/team>

Azimuth Counseling and Therapeutic Services

8 Essex Way, Essex Junction

802-288-1001

<https://www.azimuthcounseling.org/>

Networks, Inc.

149 Cherry Street, Burlington

802-863-2495

<https://www.meridiandbt.com/team>

Vermont Catholic Charities

South Burlington, St. Albans, Middlebury, and

Rutland

<https://www.vermontcatholic.org/ministries-programs/catholic-charities/counseling-2/>

Optima

2 Church Street Suite 4G, Burlington

<http://www.optimavt.org/>

Cedar Brook

4185 St. George Road, Williston

802-879-5333

<https://www.cedarbrookvermont.com/>

Otter Creek Associates

Burlington, Williston, Essex Junction,

Middlebury, and more

802-865-3450

<https://ottercreekassociates.com/#about-us>

Center for Cognitive Behavioral Therapy

595 Dorset Street Suite #2, South Burlington

802-651-8999 ext. 2

<https://www.therapyvermont.com/>

Praxis Vermont

Burlington, Essex Junction, and St. Albans

802-865-3450 ext. 959

<https://www.praxisvt.com/>

Counseling Connection

525 Hercules Drive, Colchester

Stone House Associates

27 Rye Circle, South Burlington

802-654-7607

<https://www.stonehouseassociates.com/>

Vermont Center for Anxiety Care

112 Lake Street, Burlington
802-865-3450 ext. 425

<http://www.vtcenterforanxietycare.com/>

Vermont Center for Resiliency

70 South Winooski Ave, Burlington
802-865-3450 ext. 942

<https://www.vtresiliency.com/>

Vermont Counseling and Training Center

2 Champlain Commons Suite 2, St. Albans
802-393-9060

<https://vtcounselingcenter.com/>

Online Search:

To find individual practitioners who choose to advertise online, you can do a personalized search at:

<https://www.psychologytoday.com/us/therapists>

Designated Agencies:

The VT Department of Mental Health designates one agency in each geographic region of the state to provide the department's mental health programs for adults and children. These are private, non-profit services providers. They offer individual and family counseling as well as a variety of support services and programs including 24/7 crisis support lines

Addison County:**Counseling Service of Addison County**

89 Main Street, Middlebury
802-388-6751
24-Hour Emergency: 802-388-7641

<https://www.csac-vt.org/>

Chittenden County:**Howard Center**

multiple sites, Burlington
802-488-6000
24-Hour Emergency: 802-488-7777

<https://howardcenter.org/>

Franklin and Grand Isle County:**Northwestern Counseling and Support Services**

107 Fisher Pond Road, St. Albans
802-524-6554
24-Hour Emergency: 802-524-6554 or 800-834-7793

<https://www.ncssinc.org/>

Lamoille County:**Lamoille County Mental Health**

72 Harrel Street, Morrisville, VT
802-888-5026
Emergency (weekdays 8am-4pm) 802-888-5028
Emergency (nights & weekends) 802-888-8888

<https://lamoille.org/>

For Children, Adolescents, and Young Adults:**Centerpoint Services**

Serving teens, young adults, and families
South Burlington and Winooski
802-488-7711

<https://centerpointservices.org/>

Northeastern Family Institute (NFI)

Serving children and families

30 Airport Road, South Burlington
802-658-0400

<https://www.nfivermont.org/>

Riverstone Counseling

Serving individuals ages 12-30
31 Elmwood Ave, Burlington
802-864-7423 ext. 3

