You are not alone.

Help is available if you are suffering from domestic or sexual violence.

Dial 211
More resources on back.
NATIONWIDE EMERGENCY HOTLINES

National Domestic Violence Hotline
1-800-799-7233 - 24 hour
1-800-787-3224 TTY | thehotline.org

RAINN (Rape, Abuse & Incest National Network) Hotline
1-800-656-HOPE (4673) - 24 hour
rainn.org

LoveIsRespect (for Youth) Hotline
1-866-331-9474 - 24 hour
loveisrespect.org

VERMONT EMERGENCY HOTLINES

Domestic Violence Emergency Hotline
1-800-228-7395 - 24 hour | vtnetwork.org

Sexual Assault Emergency Hotline
1-800-489-7273 - 24 hour | vtnetwork.org

VERMONT STATEWIDE RESOURCES

Domestic Violence Solutions at Spectrum Youth & Family Services
802-864-7423 | spectrumvt.org

Pride Center of Vermont Safespace Program Hotline
1-866-869-7341 or 802-863-0003
pridecentervt.org/programs/safespace

Vermont Network Against Domestic and Sexual Violence
802-223-1302 | vtnetwork.org

ADDISON COUNTY

Sexual Assault Nurse Examiner Program (SANE) Porter Medical Center
802-388-4701 | portermedical.org

WomenSafe Hotline: 1-800-388-4205 or 802-388-4205 - 24 hour | womensafe.net

BENNINGTON COUNTY

Project Against Violent Encounters (PAVE) Hotline: 802-442-2111 - 24 hour
pavebennington.org

Sexual Assault Nurse Examiner Program (SANE) - Southwestern Vermont Medical Center
802-442-6361 | svhealthcare.org

CALEDONIA COUNTY

The Advocacy Program at Umbrella 802-748-8645 - 24 hour (St. Johnsbury area)
umbrellanek.org

SAFE SPACE - Pride Center of Vermont
802-860-7812 | pridecentervt.org

Sexual Assault Nurse Examiner Program (SANE) UVM Medical Center
802-847-2934 (Emergency Dept.) | uvmmed.org

AWARE Hotline: 1-800-228-7395 or 802-472-6463 - 24 hour
awarevt.org

Orleans County Special Investigations Unit / Child Advocacy Center
802-334-6002 vtchildrensalliance.org

Pride Center of Vermont Safespace Program (LGBTQH)
1-866-869-7341 pridecentervt.org

Sexual Assault Nurse Examiner Program (SANE) North Country Hospital
802-334-7331 | nhchi.org

RUTLAND COUNTY

NewStory Center Hotline: 802-775-3232 - 24 hour | nscvt.org

Sexual Assault Nurse Examiner Program (SANE) Rutland Regional Medical Center
802-747-3606 (Emergency Dept.) | rrmc.org

WASHINGTON COUNTY

AWARE Hotline: 1-800-228-7395 or 802-472-6463 - 24 hour | awarevt.org

Circle 877-543-9498 | www.circlevt.org

Sexual Assault Crisis Team (SACT) Hotline: 802-479-5577 - 24 hour | sactvt.org

Sexual Assault Nurse Examiner Program (SANE) Central Vermont Medical Center
802-371-4100 | cvmc.org

WINDHAM COUNTY

Sexual Assault Nurse Examiner Program (SANE) Grace Cottage Hospital
802-365-7357 | gracecottage.org

Sexual Assault Nurse Examiner Program (SANE) Brattleboro Memorial Hospital
802-287-0341 | bmhvt.org

Women's Freedom Center Hotline: 1-800-773-0689 or 802-254-8954 | womensfreedomcenter.net

WINDSOR COUNTY

Safeline, Inc. (Serving parts of Windsor County) Hotline: 1-800-639-7233
safelinevt.org

Sexual Assault Nurse Examiner Program (SANE) Mt. Ascutney Hospital & Health Center
802-674-6711 | mtascutneyhospital.org

Sexual Assault Nurse Examiner Program (SANE) Springfield Hospital
802-885-2151 | springfieldhospital.org

Women’s Freedom Center Hotline: 802-885-2050 (So. Windsor) | womensfreedomcenter.net

Women’s Information Service Hotline: 1-866-348-9473 | wiseoftheuppervalley.org

WomenSafe 1-800-388-4205 or 802-388-4205 - 24 hour hotline (serving Rochester) | womensafe.net

Vermont 211 Dial 211 for free & confidential service.