

MENTAL HEALTH, SUBSTANCE USE AND DISABILITY NEEDS

Community Outreach Team

Howard Center social workers available to help Essex community members with social service needs such as helping a homeless person access housing and economic services, connect someone with substance use disorder supports or connecting someone on the verge of a mental health crisis with appropriate services.

Contact: 488-7778

First Call Chittenden County

Trained, professional staff available 24/7/365 offering phone support, crisis intervention and assessment, referrals to appropriate services and connection to follow-up care.

Contact: 488-7777

WWW.HOWARDCENTER.ORG

Pathways Peer Line

The support line is staffed by local peers who've been through tough situations themselves. Struggling with a challenging situation, have feelings of sadness, anger, isolation or depression?

Contact: 833-888-2557

WWW.PATHWAYSVERMONT.ORG

Many of these groups are always seeking volunteers for time, food or monetary donations. Reach out to them directly.



VARIOUS RESOURCES

Women, Infants & Children

WIC provides healthy foods, nutrition education and counseling, breastfeeding support and nutrition resources to eligible Vermonters. If you're income eligible and pregnant or the parent/caregiver of a child under five, WIC may be right for you!

Contact: 1-800-649-4357

WWW.HEALTHVERMONT.GOV/FAMILY/WIC

The Economic Services Division

administers several benefits that help Vermonters meet their basic needs. Details of some of the benefits are listed below.

Contact: 800-479-6151

WWW.DCF.VERMONT.GOV/ESD

3 SquaresVT helps low-income people buy the food they need. Benefits are provided on a debit card and are accepted at most grocery stores and many farmers' markets.

Reach Up joins families on their journey to overcome obstacles, improve their finances and reach their goals.

The Essential Person Program helps you stay in your home by contributing to the cost of having someone live with you to provide essential care.

Farm to Family helps you buy locally-grown, fresh fruits, fresh vegetables and fresh-cut herbs at participating farmers markets and farm stands.

Fuel Assistance helps you pay part of your home heating bills whether you own your home or rent.

Community Resource Guide

Need A Meal?

New to the community?

Feeling Depressed?

Know someone who needs help?

Please share this resource guide



The community of Essex, VT and the State of Vermont are home to several food service and social service groups for those in need of some extra assistance, whether temporary or long-term. Please consider using this reference as a starting point for you or someone you know.

Updated: June 2020

This guide will be updated seasonally. If we are missing information or you have updates, please contact Houghton.Lori@gmail.com

FOOD SHELVES SERVING ESSEX

Heavenly Pantry

2nd Monday 5:30pm to 7:30pm
4th Thursday 2:00pm to 6:00pm
First Congregational Church, 1 Church Street,
Essex Junction
Contact: 878-5745

[WWW.FCCEJ.ORG/V5/SERVING-OTHERS/
HEAVENLY-FOOD-PANTRY](http://WWW.FCCEJ.ORG/V5/SERVING-OTHERS/HEAVENLY-FOOD-PANTRY)

Aunt Dot's Place

Tuesday 6:00pm to 7:30pm
Thursday 9:00am to 11:00am
Saturday 9:00am to 11:00am
51 Center Road, Essex
Contact: 857-8208

WWW.AUNTDOTSPPLACE.COM

Essex Jericho Underhill Ecumenical

3rd Saturday 9:00am to 11:00am
Good Shepard Lutheran Church, 273 VT-15,
Jericho
Contact: 878-5997

Williston Community Food Shelf

Tuesdays 5:00pm to 6:30 pm
Thursdays 9:00am to 11:00am
Saturdays 9:00am to 11:00 am
400 Cornerstone Drive #130 Williston
Contact: 735-6303

WWW.WILLISTONFOODSHELF.COM

ESSEX MUNICIPAL OFFICE

Contact: 878-6951
WWW.ESSEXJUNCTION.ORG
WWW.ESSEX.ORG

ESSEX WESTFORD SCHOOL DISTRICT RESOURCES

FREE SUMMER MEALS

Meals are free to all children ages 18 and under, no application or prior approval is needed. Pickup for packaged breakfast and lunch is via a drive through system, rain or shone.

Monday—Friday

ADL 8:00am to 10:00am
Essex Elem. 9:00am to 11:00am
Westford School 10:10am to 10:30am
WWW.EWSD.ORG

Free & Reduced School Meals

WWW.EWSD.ORG/FREEREDUCED

Need Translation Services?

WWW.EWSD.ORG/TRANSLATION

Need English Language Learner Services?

WWW.EWSD.ORG/ELL

Vermont 2-1-1

Dial 2-1-1 to find out about hundreds of important community resources, like disability services, counseling, senior services, child care, substance use disorder resources, legal assistance, educational and volunteer opportunities, and much more.

Contact: 211
www.vermont211.org

SENIOR RESOURCES

AGE WELL VT

Committed to helping individuals age well, reducing barriers by providing access to healthy meals, in-home care and community resources. The Helpline is the aging resource in Vermont for information and assistance. Topics of expertise include: transportation, housing, long-term care, insurance and Medicare counseling, nutritional services, in-home care, and much more.

Contact: 800-642-5119
WWW.AGEWELLVT.ORG

Essex Area Senior Center*

Contact: 876-5087

WWW.ESSEXVTSENIORS.ORG

*Currently closed due to COVID-19

ESSEX COMMUNITY JUSTICE CENTER

CJC offers many programs and support services including: Restorative Justice Panels, Victim Support, Conflict Resolution Strategies, Community Dialogue and Crime Prevention and Safe Driving Programs

Contact: 873-7690
WWW.ESSEXVICJ.ORG

COVID-19 RESOURCES

COVID-19 Health Related Updates

WWW.HEALTHVERMONT.GOV/COVID19

COVID Business and Consumer Resource Center

WWW.ACCD.VERMONT.GOV/COVID-19

Unemployment Benefits/Jobs Center

WWW.LABOR.VERMONT.GOV