

Vermont Community Resources

If you need food, childcare, healthcare, or other services, check with the agencies and programs below.

COMMUNITY ACTION AGENCIES

Get help with food, housing, taxes, childcare, utility services, job training, and more.

Capstone Community Action (Central Vermont)

☎ 1-800-639-1053 📄 www.capstonevt.org

Northeast Kingdom Community Action

☎ 802-334-7316 📄 www.nekcavt.org

Champlain Valley Office of Economic Opportunity

☎ 802-862-2771 📄 www.cvoeo.org

Southeastern Vermont Community Action

☎ 1-800-464-9951 📄 www.sevca.org

BROC (Southwestern Vermont)

☎ 1-800-717-2762 📄 www.broc.org

All

📄 www.dcf.vermont.gov/partners/caps

UNEMPLOYMENT BENEFITS

If you lost your job or had your hours cut due to Covid-19, you may be entitled to unemployment insurance benefits.

☎ 1-877-214-3330 or 1-888-807-7072 📄 www.labor.vermont.gov/covid19/employees

TAXES

The IRS has postponed the deadline for filing taxes to July 15, 2020.

📄 www.tax.vermont.gov/coronavirus

CHILDCARE

Essential workers during Covid-19 can get childcare for children up to 8th grade.

☎ Dial 2-1-1 and press 6 📄 Fill out the form at <https://webportalapp.com/webform/essentialworkers>

Who is an essential worker?

📄 www.vem.vermont.gov/essentialpersons

If you need childcare immediately, contact your local Child Care Support Agency.

☎ 1-877-705-9008 📄 www.dcf.vermont.gov/cdd/cccsa

Childcare subsidies

📄 www.dcf.vermont.gov/benefits/ccfap

FOOD

3SquaresVT (food stamps): Apply online, by mail, or in person

☎ 1-800-479-6151 📄 www.vermontfoodhelp.com or www.dcf.vermont.gov/benefits/3squaresvt

School Meals: Districts are providing meals to students during the school closure. Contact your school for information.

For older adults: Community Supplemental Food Program (CSFP)

☎ 1-800-214-4648 📄 www.vtfoodbank.org/share-food/csfp

Food Shelves and Pantries: Find a food shelf in your community

📄 www.vtfoodbank.org/agency-locator

Women, Infants & Children (WIC): Access to healthy foods, nutrition education, and breastfeeding support.

☎ 2-1-1 or 1-800-649-4357 or Text "VTWIC" to 855-1 📄 www.healthvermont.gov/family/wic



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HEALTHCARE

Note: non-essential healthcare should be postponed until further notice.

Need health insurance? Until April 17, there is a Special Enrollment Period due to the coronavirus crisis.

☎ 1-855-899-9600 📄 www.info.healthconnect.vermont.gov

For help with your application, contact your local Community Action Agency (www.dcf.vermont.gov/partners/caps)

Problems with health insurance? Contact the Office of the Health Care Advocate for free help and advice.

☎ 1-800-917-7787 📄 https://vtlawhelp.org/vtlegal_gethelp

Apply for Medicaid

📄 <https://vtlawhelp.org/medicaid#>

Latest Covid-19 information from the Vermont Department of Health

☎ 2-1-1 or 1-866-652-4636 📄 www.healthvermont.gov

Mental Health: Find help near you

☎ Text "VT" to 741741 📄 www.mentalhealth.vermont.gov/services/emergency-services/how-get-help

People's Health & Wellness Clinic. A free healthcare clinic for uninsured and underinsured Vermonters.

553 N. Main St #5, Barre

☎ 802-479-1229 📄 www.phwcvt.org

Community Health Centers of Burlington. A network of health centers in Chittenden and Grand Isle counties with a sliding-fee scale for qualifying patients.

☎ 802-864-6309 📄 www.chcb.org

HEAT, WATER, ELECTRICITY, PHONES, INTERNET

No Service? If you have no heat, water, or electricity, contact Vermont Legal Help

📄 <https://vtlawhelp.org/how-we-can-help>

No cutoffs until April 30: Utilities will not cut you off if you can't make payment for gas, electric, phone, cellular, or internet services. Charges will still accrue. You will have to make up the payments later.

Free internet for 2 months: Internet Essentials is a low-income internet program from Comcast.

📄 www.internetessentials.com/covid19

State of Vermont Fuel Assistance Program: Help with heating bills whether you own, rent, or live in public or subsidized housing. Apply online, by mail, or in person.

☎ 1-800-479-6151 📄 www.dcf.vermont.gov/benefits/fuel-assistance

Crisis Fuel Assistance: help with a heating crisis during the winter. Apply at your local Community Action Agency. For a [fuel emergency](#) after business hours, on weekends, or on a holiday: ☎ 1-800-479-6151.

Energy Assistance: helps Green Mountain Power and Vermont Gas customers afford home energy costs.

☎ 1-800-775-0516.

LEGAL HELP

Vermont Legal Help Tool: use an anonymous, step-by-step guide to find legal information and ask for advice.

📄 https://vtlawhelp.org/triage/vt_triage

Legal Services Vermont: free legal help on civil matters for qualifying Vermonters. Call or fill out a request form.

☎ 1-800-889-2047 📄 <https://vtlawhelp.org/vlh-intake>

Biggam Fox Skinner, LLP: help with workers' compensation and personal injury claims. Free evaluation of your case. Caring local law firm helping injured Vermonters since 1979. Offices in Montpelier & Burlington.

☎ 802-229-5146 📄 www.bfslaw.com



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