

Mental Health Resources at Middlebury College

College Counseling: 802-443-5141 or counseling@middlebury.edu

Scott Center Chaplains: 802-443-5626

Residential Life Team

MiddTelehealth services are always available 24/7

Go to [go/middtelehealth](https://go.middlebury.edu/middtelehealth) and click "Sign In" as a first-time user. If you're on your phone, you'll be prompted to download the TimelyCare app

Set up your account with your Middlebury email address, personal profile information, and medical history

For technical assistance with MiddTelehealth services and the TimelyCare app please call the 24/7 customer assistance line at 833-484-6359, email help@timely.md, or use the live chat function at [go/middtelehealth](https://go.middlebury.edu/middtelehealth)

Community Resources include the Counseling Service of Addison County (CSAC), which can be reached at 802-388-7641 or 802-388-6751

After-hours Counseling Support

If you want to speak to licensed counselor for support, consultation, referrals, and crisis intervention after Middlebury Counseling closes (in the weekday evenings or weekends) *call Counseling at 802-443-5141 and dial 1 when prompted by voicemail greeting*. After-Hours Counseling is available to all students and anyone supporting or concerned about a student.

National Suicide Prevention Lifeline: 800-273-8255

Crisis Text Line: Text HOME to 741-741

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