

## Area Mental Health Service Providers

If you are experiencing an immediate mental health crisis, call

- 911
- National Suicide Prevention Lifeline at 1-800-273-8255

### **Torrington Campus Resources**

#### *Torrington*

|                                  |              |
|----------------------------------|--------------|
| Peak Wellness Center             | 307-532-4091 |
| Wendy George Therapy Services    | 307-575-8592 |
| Restoring Oaks Counseling        | 307-575-5788 |
| New Hope Counseling              | 307-532-2119 |
| Ogburn Therapeutic Services, LLC | 307-401-0312 |
| Wholistic Health Wyoming         | 307-401-1188 |

#### *Scottsbluff*

|  |              |
|--|--------------|
| Community Action Partnership of Western NE | 888-448-9665 |
| Open Door Counseling, LLC                  | 308-225-4335 |
| Mental Health Alliance                     | 866-228-2636 |

### **Douglas Campus Resources**

#### *Douglas*

|                                      |              |
|--------------------------------------|--------------|
| Solutions for Life                   | 307-358-2846 |
| Eastern Wyoming Mental Health Center | 307-358-2846 |
| Specialty Counseling & Consulting    | 307-717-0002 |

#### *Casper*

|  |              |
|--|--------------|
| Community Health Centers of Central WY | 307-233-6094 |
| Central Wyoming Counseling Center      | 307-237-9583 |

### **Online/text options**

|                |  |
|----------------|--|
| BetterHelp     | <a href="http://www.betterhelp.com">www.betterhelp.com</a>         |
| ReGain         | <a href="http://www.regain.us">www.regain.us</a>                   |
| TeenCounseling | <a href="http://www.teencounseling.com">www.teencounseling.com</a> |
| Talkspace      | <a href="http://www.talkspace.com">www.talkspace.com</a>           |
| Breakthrough   | <a href="http://www.breakthrough.com">www.breakthrough.com</a>     |

#### Torrington Campus crisis resources

|                           |              |
|---------------------------|--------------|
| Heidi Edmunds, EdD, LPC   | 307-532-8261 |
| Debbie Ochsner, EdD, LCSW | 307-532-8384 |