

Helpers in Your Community (KeepSafe Connections)

KeepSafe Connections are **Able, Approachable, and Available** to help with suicide. They know how to do suicide first aid (trained in suicide intervention). Different kinds of helpers in your community may have this training but some may not. It is best to check before adding them to this list.

Wyoming 211-dial 211 for basic needs, mental and physical health, disaster support, financial, and support for youth and families.

- Cheyenne Police Dept, 637-6500
 - Laramie County Sheriff Dept, 633-4740
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- LAW ENFORCEMENT

- 1-800-273-TALK (8255) National Hotline
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- SUICIDE PREVENTION CENTER

- 1-800-999-9999 (Teen Nine Line Hotline)
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- TEEN LINE

- Cheyenne PD Victims Assistance Program: Leslie Burch Victim Assistance Coordinator, 637-6507
 - Brenda Johnson, Victim Advocate, 637-6506
 - Ashely McInelly, Victim Advocate, 637-6568
 - Safe House 307-634-8655 24-hour line 307-637-7233 Family Violence and Sexual Assault
 - State Division of Victims Services, 307-777-7200
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- RAPE/SEXUAL ASSAULT/SHELTER CENTER/VICTIM SERVICES

- Peak Wellness Center: Mental health, Family, Youth, Adult recovery services, 307-634-9653
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- MENTAL HEALTH SERVICES

- Pathfinder-Substance Abuse Treatment: Inpatient & Outpatient services, 307-632-0256
 - Peak Wellness Center: Substance Abuse Treatment, 307-532-4091
 - Peak Wellness: Transitional & Alcohol Receiving Center, 632-6433
 - Emergency Services, 911
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- SUBSTANCE ABUSE TREATMENT

- Wyoming Guardianship Corporation, 632-5519
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- MENTAL HEALTH ADVOCACY/OMBUDSMAN

- Cheyenne Regional Medical Center (CRMC): Grief and Loss Support Groups, vet 633-7370
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- HOSPITAL GRIEF AND LOSS SUPPORT GROUPS

- CRMC Emergency Service, 634-2273
 - CRMC Behavioral Health, 633-7370
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- HOSPITAL EMERGENCY

- Youth Alternatives, 637-6480
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- YOUTH RESOURCES

- Health Works, 635-3618
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- MENTAL HEALTH/PRIMARY CARE/PHARMACY/FAMILY PLANNING/SLIDING SCALE CLINIC/FREE CLINIC

- Best Beginnings, 633-4000
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- PREGNANCY SUPPORT

- Mind Spa: Mental Health, Child & Family therapy, trauma support-307-509-0772
 - Northern Star Counseling: Mental health, substance abuse, depression/anxiety, 307-421-9329
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- PRIVATE PRACTITIONERS

- VA (VETS only): Veterans Mental health, education programs, survivor benefits, 778-7550 or 888-483-9127
 - VET Center-Combat Veterans: Mental health, family counseling, & trauma counseling, 778-7370
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- VET SUPPORT/VETS ONLY

- LCSD #1, Central Administration, 771-2100
 - LCSD #2, Central Administration, 245-4050
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- SCHOOL STUDENT SERVICES

- Peak Wellness: Laramie County Youth & Family Services, 632-9365
 - Laramie County Psychiatric Services-Adult, 637-3953
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- COUNSELING/MENTAL HEALTH OUTPATIENT SERVICES

- Laramie County DFS, 777-7564/771-7921
 - Family Promise, 772-8770
 - Community Action, 635-9291
 - Wyoming 211, dial 211 from any phone
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- FAMILY SUPPORT SERVICES

- Recover Wyoming, 307-421-7261
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- ADDICTION SERVICES/RECOVERY SERVICES

RELIGIOUS/SPIRITUAL SUPPORT
