



Sheridan Wyoming

1 S Tschirgi St.
Sheridan, WY 82801
307-533-9332
namisheridan@gmail.com
namisheridan.org

Sheridan County Mental Health Resource Guide

You are not alone!

Immediate danger or harm: 911

National Suicide & Crisis Lifeline: 988

NAMI HelpLine: 800-950-6264

or text NAMI to 62640

Veteran Crisis Line: 988, Then press 1

Chat online at veteranscrisisline.net

Domestic Violence & Sexual Assault: 800-655-7867

Native Indian Crisis Association: 406-338-7922

National Maternal Mental Health Hotline: 833-852-6262

Disclaimer: NAMI Sheridan Wyoming compiles this guide using information submitted by community providers.

Listings are not vetted or endorsed by NAMI, and readers are encouraged to conduct their own research. Entries may be edited for clarity and consistency. Providers may contact NAMI Sheridan to request inclusion or updates.

For the most up to date, searchable list, go to:

tinyurl.com/namisheridancrg or scan



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Welcome – You’re Not Alone

NAMI Sheridan Wyoming is a local, volunteer-led organization dedicated to supporting individuals and families affected by mental health conditions. We believe mental and physical health matters to everyone and that connection, understanding, and hope can change lives.

Whether you are seeking support for yourself, caring for someone you love, or simply want to learn more, you are welcome here. Through education, support groups, and community conversations, we work to reduce stigma and make sure no one has to navigate mental health challenges alone.

If this guide brought you here, know that help, understanding, and community are within reach.

Ways to Get Involved with NAMI Sheridan Wyoming

- Peer Support Groups
- Clinically Led Support Groups
- Spring & Fall Education Series
- Provider Networking & Training Opportunities
- NAMI Walks & Community Events
- Volunteer & Membership Opportunities



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Community Resources

Advocacy and Resource Center

136 Coffeen Ave
Sheridan, WY 82801
307-672-7471 Crisis line: 307-672-3222
info@arcsheridan.org
arcsheridan.org
Crisis line, emergency shelter,
safety planning, counseling,
transportation, financial assistance,
and legal advocacy support.

At Ease Horsemanship & Services

1106 Emerson St
Sheridan, WY 82801
307-217-1687
Matson@At-ease-horsemanship.com
ateasehorsemanship.com
Equine-based services supporting
emotional wellness and post-
traumatic stress recovery.

CHAPS Equine Assisted Services

501 US 14 E
Sheridan, WY 82801
307-673-6161
info@chapswoyo.org
chapswoyo.org
Therapeutic riding, carriage driving,
equine-assisted learning, and
psychotherapy.

One Health/Sheridan Clinic

201 E Fifth St
Sheridan, WY 82801
Clinic Phone: 307-674-6995
Clinic Fax: 307-459-5908
After Hours: 307-674-6995
onehc.org/sheridan
Outpatient medical and behavioral
health services, including
medication management and
counseling.

Sheridan Foster Parent Exchange

72 E Ridge Rd, #1k
Sheridan, WY 82801
307-461-9113
sheridanfpe@yahoo.com
sheridanfosterparentexchange.org
Support, resources, and supplies
for foster families and children in
crisis.

Sheridan County Prevention

297 S Main St
Sheridan, WY 82801
307-675-2494
aperkins@sheridancountywy.gov
sheridancounty.com/depts/sherida
n-county-prevention
Community education, training,
and suicide and substance misuse
prevention resources.

Sheridan Proud

dylanrandall917@icloud.com
Sheridan proud on Facebook
Advocacy and community
resources supporting LGBTQ+
individuals.

The Hub on Smith

211 Smith St
Sheridan, WY 82801
307-672-2240
thehubsheridan.org
Education and support for caregivers
of individuals living with dementia.

Wyoming Early Childhood Behavioral Consultants

Serves statewide, Virtual only
307-459-6170 / 307-760-5500
wyecbc@gmail.com
wyecplc.org/index.php/wyebc
Behavioral intervention and care
planning for young children and
early learning environments.

Disability Support

Bighorn Development Center

366 E Brundage St
Sheridan, WY 82801
307-672-6610
busmgr@bdcwy.org
bdcwy.org
Early intervention, special education, and therapy services for children birth to age five.

Eagle Ridge Rehabilitation Service

1413 Odell Ct, STE A
Sheridan, WY 82801
307-673-0299
eagleridgewyo.com
Support services for individuals with developmental disabilities or acquired brain injuries.

Hotline/Online Resources

988 Suicide & Crisis Lifeline

Call or text: 988
988lifeline.org
24/7 free, confidential emotional support for people in crisis.



National Domestic Violence Hotline

800-799-7233
thehotline.org
24/7 confidential support, crisis intervention, and safety resources for survivors.

National Human Trafficking

888-373-7888
247 confidential hotline for reporting trafficking and accessing victim support.

National Maternal Mental Health Hotline

Call or text: 833-943-5746
mchb.hrsa.gov/national-maternal-mental-health-hotline
24/7 mental health support for pregnant and postpartum individuals in English and Spanish.

Native Indian Crisis Association

406-338-7922
Crisis support services for Native and Indigenous individuals.

RAINN or Rape, Abuse & Incest National Network

800-656-4673
rainn.org
24/7 hotline and resources for survivors of sexual violence.

SAMHSA

mentalhealth.gov/basics/what-is-mental-health
Federal resource providing mental health and substance use information and education.

When to call or text 988 vs. 911 vs. 211

To ensure you connect with the right help at the right time, remember these differentiators: Support (988) vs. Services (911) vs. Solutions (211).



988

For mental and emotional support during a behavioral health crisis or for substance-related concerns, call or text 988.



911

For emergency services during a physical emergency, call 911.



211

For help finding community solutions to address health and human services needs (including food, financial or housing insecurity), call or text 211.

Sheridan County Prevention

297 S Main St
 Sheridan, WY 82801
 307-675-2494
 aperkins@sheridancountywy.gov
 sheridancounty.com/depts/sheridan-county-prevention
 Community education, training,
 and suicide and substance misuse
 prevention resources.

Trevor Project Lifeline (LGBTQ+)

PO Box 69232
 West Hollywood, CA 90069
 Lifeline: 866-488-7386
 Admin: 212-695-8650
 thetrevorproject.org
 24/7 crisis support for LGBTQ+ youth.

Veteran Crisis Line

Call or text: 988,
 Press 1
 veteranscrisisline.net
 24/7 confidential crisis
 support for veterans
 and their families.



Wyoming 2-1-1 Resources

state wide
 Dial 211
 message via website
 wyoming211.org
 Statewide resources for health,
 mental health, and social services.

Substance Abuse/ Addiction Services

Cross Creek Counseling

45 E Loucks St #19
 Sheridan, WY 82801
 307-751-5647
 Crosscreekevals@gmail.com
 State-certified outpatient
 substance use treatment and
 adolescent assessments.

Sheridan Memorial Hospital Addiction and Internal Medicine

1333 W 5th St, STE 200
 Sheridan, WY 82801
 307-675-2674
 Medication-assisted treatment for
 substance use and addiction
 recovery.

Volunteers of America

1876 S Sheridan Ave
 Sheridan, WY 82801
 307-672-0475
 voanr.org
 Addiction treatment, mental
 health services, housing support,
 and veteran programs.

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|-----------------------|---------------------|--------------------|--------------------|
| After School Programs | Child Care Services | Domestic Violence | Food & Clothing |
| Insurance | Mental Health | Rent Assistance | Transportation |
| Community Clinics | Disability Services | Drug & Alcohol | Health Services |
| Job Training | Counseling | Senior Services | Utility Assistance |
| Crisis Intervention | Disaster Services | Counseling | Housing & Shelters |
| Legal Assistance | Parenting Classes | Suicide Prevention | Veteran Services |



Call 9-1-1 when your
 house is on fire.
 Call 2-1-1 when your
 life is on fire.

NEED HELP?

CALL 2-1-1

 Call 2-1-1 888-425-7138	 wyoming211.org	 898211 (Text your zip)
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Wyoming

2.1.1

Get Connected. Get Help.

Live Wyoming 2-1-1 operators offer **FREE** information
 and referrals in the following areas and more:

Support Groups

Al-Anon Support Group

Wed -211 Smith St
Tue/Sat- 135 Crescent Dr
Sheridan, WY 82801
307-751-0847 for Wed
307-751-7130 for Tue/Sat
wyoming-al-anon.org
Peer support groups for family and friends impacted by someone else's substance use.

Alcoholics Anonymous

Different locations based on group
307-429-0672
wyomingaa.org
Peer-led fellowship supporting individuals seeking sobriety from alcohol use.

Celebrate Recovery

Cornerstone Church
4351 Big Horn Ave
Sheridan, WY 82801
307-672-8126
For transportation: 307-461-3733
info@sheridancr.org
sheridancr.org
Christ-centered, 12-step recovery program for individuals facing addiction, hurt, or trauma.

COMPASS Center for Families

1981 Double Eagle Dr, STE B
Sheridan, WY 82801
307-675-2272
tiffany@compass4families.org
compass4families.org
CASA services, mediation, supervised visitation, parent education, and family support programs.

COPE (Counseling in Overcoming Painful Emotions)

130 W Montana St
Sheridan, WY 82801
307-672-3336
judyo@fiberpipe.net
Time-limited group support for grief and bereavement.

Cover Me Veterans

covermeveterans.org
Free firearm suicide-prevention resource for veterans and service members.

NAMI Sheridan Wyoming

1 S Tschirgi St
Sheridan, WY 82801
namisheridan@gmail.com
selfacceptanceworkbook.com
Peer-led weekly support group focused on self-acceptance using a structured workbook.

Visit our schedule of events and support group meetings



namisheridan.org/events

Narcotics Anonymous

Different locations based on group
na.org/meetingsearch
Peer-led recovery groups for individuals struggling with substance use.

Therapy/Counseling

Alpine Roots Counseling

1949 Sugarland Dr, STE 134
Sheridan, WY 82801
307-227-6305
rachel@alpinerootscounseling.com
alpinerootscounseling.com
EMDR-trained therapy for late
teens and adults.

Animosque Therapy and Coaching

565 Brookie Path
Sheridan, WY 82801
307-207-5533
message via website
animosquetherapyandcoachingvic
kitellez.com

Atlas Therapy LLC

172 North Main St, STE 1
Sheridan, WY 82801
307-206-0123
atlastherapywy.com
Individual counseling services.

Balanced Harmony Counseling, LLC

1949 Sugarland Dr, STE 122
Sheridan, WY 82801
307-752-9712
Jeswaney@icloud.com
Outpatient counseling services.

Better Help

Telehealth Only
betterhelp.com
Online therapy through licensed
mental health professionals.



Big Horn Psychological Services

909 Long Dr, STE A
Sheridan, WY 82801
307-675-1805
Rachel@bighornpsych.com
bighornpsych.com
Play therapy, evaluations, parent-
child interventions, and faith-
based counseling.

Blue Sky Wellness

350 S Brooks St
Sheridan, WY 82801
307-217-6266
Skylar@blueskywellnesswyo.com
Adult counseling with specialized
experience in trauma and PTSD.

Candace Raine, MSW, LCSW, LICSW

Telehealth Only
307.429.2212
wyomingraine@gmail.com
Therapy for ages 7-60 using
EMDR, CBT, CPT, DBT, and
executive functioning support.

Charlotte Jenkins, LPC, LLC

1949 Sugarland Dr, STE 180
Sheridan, WY 82801
307-461-9610
info@cjenkinstherapy.com
Therapy for adults, adolescents,
and tweens focused on trauma,
anxiety, and depression.

Compass Counseling and Consulting

150 Gillette St.
Ranchester, WY 82839
307-209-4875
keri@compasscounselingtherapy.com
compasscounselingtherapy.com
Therapy for children and adults
with the flexibility of in-person
and online sessions.

Core Insights Counseling

1949 Sugarland Dr, STE 211
Sheridan, WY 82801
307-429-2356
jenniferwhite@coreinsights
counseling.com
coreinsightscounseling.com
Individual therapy for adults and
adolescents.

Dynamic Reflections

1949 Sugarland Dr, STE 200
Sheridan, WY 82801
307-423-0352
Dynamic-reflections@counseling-
secure.com
dynamic-reflections.com
Adult and couples counseling
services.

Fortis Therapy

1949 Sugarland Dr, STE 221
Sheridan, WY 82801
307-675-1275
message via website
fortis-therapy.com
Individual and couples counseling
with a focus on anxiety and
relationship communication.

Foundations for Living Whole

23 E. Brundage St
Sheridan, WY 82801
307-763-2830
restoreflw@gmail.com
foundationsforlivingwhole.com
Trauma-informed and faith-based
therapy, EMDR, play therapy, and
training services.



Griz-Mtn Enterprises LLC

1949 Sugarland Dr, STE 160
Sheridan, WY 82801
307-752-5435
gm@vcn.com
facebook.com/Griz-Mtn Enterprises LLC
Therapy, crisis care, prevention
education, and state-certified
substance use services.

Hattervig Counseling, LLC

37 S Main St
Sheridan, WY 82801
307-751-0586
hattervigcounseling@gmail.com
Trauma-informed counseling
addressing substance use, mood
disorders, and mental health
concerns.

Hidden Bridges, LLC

1949 Sugarland Dr, STE 122
Sheridan, WY 82801
307-429-0644
julie.nicksirvine@hiddenbridgesllc.com
Trauma-informed therapy for
children, adolescents, and adults
using CBT, DBT, and play therapy.

Inspire Psychological Center

1949 Sugarland Dr, STE 180
Sheridan, WY 82801
307-655-5510
Integrative mental health
counseling services.

Kintsugi Consulting & Counseling

1949 Sugarland Dr, STE 200
Sheridan, WY 82801
307-752-7349
chae@kintsugi-counseling.com
kintsugi-counseling.com
Therapy, support groups, EMDR,
and substance use services for
adolescents, adults, and couples.

KrossFire Counseling & Equine Enterprises, LLC

202 Upper Cat Rd
Sheridan, WY 82801
307-751-3769
krossfires@gmail.com
krossfires.com
Trauma-focused equine-assisted psychotherapy for children, adolescents, and adults.

Life Strategy Center

1949 Sugarland Dr, STE 218
Sheridan, WY 82801
307-674-8686
contact@lifestrategycenter
sheridan.com
lifestrategycentersheridan.com
Therapy for trauma, anxiety, depression, and child and adolescent mental health needs.

Lucy Looper, PMHNP-BC

307-752-8548
SheridanPsychiatry@yahoo.com
sheridanpsychiatry.com
Psychiatric evaluation and medication management services.

Metta Mental Health Services

1949 Sugarland Dr, STE 180
Sheridan, WY 82801
307-622-1423
mary@mettamentalhealth.com
Mindfulness-based therapy for adults and end-of-life doula services.

Mountain View Wellness, LLC

45 E Loucks St, STE 18
Sheridan, WY 82801
307-340-1711
jaszmyne.mvw@gmail.com
jaszmyne-beverly.clientsecure.me
Therapy addressing suicide prevention and domestic violence.

Mountains Edge Counseling

307-751-4268
mountainsedgecounseling@gmail.com
mountainsedgecounseling.com
Online mental health and substance use counseling based in Casper.

Piedmont Psychological Practices LLC

1408 O'Dell Ct, STE C
Sheridan, WY 82801
307-672-2468
piedmontpp.com
Psychological evaluations and therapy for mood disorders, trauma, ADHD, and related concerns.

Pride Counseling

pridecounseling.com
Online counseling matched to LGBTQIA+-affirming licensed therapists.

Rising Sun Wellness Center

151 W Brundage St
Sheridan, WY 82801
307-674-1668
rswc@risingsunwellness.org
105529.8b.io
Integrated behavioral health services, case management, and family support programs.

Sheridan Counseling Practice, LLC

1949 Sugarland Dr, STE 152
Sheridan, WY 82801
307-461-0818
sheridancounselingpractice@vcn.com
sheridancounselingpractice.com
Therapy for children and adults using CBT, mindfulness, and relaxation techniques.

Sheridan VAHCS

1898 Fort Rd, # 8
Sheridan, WY 82801
307-675-3903
va.gov/sheridan-health-care
Comprehensive mental health services for veterans, including same-day urgent access.

Student Hotline

877-472-3457
gradresources.org/crisis
Free mental health counseling support for graduate students.

Thrive Therapy LLC

45 E Loucks St, STE 18
Sheridan, WY 82801
307.338.8500
Outpatient mental health counseling services provided by a licensed professional counselor.

Timberline Counseling, LLC

1949 Sugarland Dr, STE 180
Sheridan, WY 82801
307-461-9619
timberlinecounselingllc.com
Marriage, family, and individual therapy including ACT and play therapy.

True North Life Quest

532 Val Vista St STE 107
Sheridan, WY 82801
307-620-0559
truenorthlifequest@gmail.com
truenorthlifequest.wordpress.com
Individual, couples, family, and group therapy using EMDR and expressive modalities.

Volunteers of America Sheridan Mental Health Clinic

1221 W 5th St
Sheridan, WY 82801
307-674-4405
voanr.org
Outpatient therapy, medication management, crisis services, and peer support.

Willow Creek Counseling Associates

2161 Coffeen Ave STE 401
Sheridan, WY 82801
307-675-8160
info@willowcreekcounselingassociates.com
willowcreekcounselingassociates.com
Individual, group, family, and couples therapy including EMDR and acupuncture.

Wolf Creek Counseling

1949 Sugarland Dr STE 221
Sheridan, WY 82801
307-763-8121
wolfcreekcounselingwyo@gmail.com
wolfcreekcounseling.com
Adult psychotherapy services.

Wyoming Counseling, Inc.

323 W Loucks St
Sheridan, WY 82801
307-674-1520
wyomingcounselinginc.com
Counseling for children and adults with a focus on development and trauma.

Why Mental Health Matters...



Wyoming by the numbers

Mental Health in Wyoming

Many Wyomingites struggle with their mental health.

It is more important than ever to build a stronger mental health system that provides the care, support, and services needed to help people build better lives.



1 in 5 adults experience a mental illness each year.

More than **1 in 20 U.S. adults** experience a serious mental illness each year.

33,000 Wyoming adults have a serious mental illness.

1 in 5 of the more than **500 people** in Wyoming who are unshoused have a serious mental illness.



1 in 20 adults have serious thoughts of suicide each year.

26,000 Wyoming adults have serious thoughts of suicide each year.

155 lives were lost to suicide in Wyoming in 2022.

121,000

adults in Wyoming have a mental health condition. That's more than **3x** the population of Laramie.



1 in 6 U.S. adolescents aged 12-17 experience a major depressive episode each year.

10,000 Wyoming adolescents experience a major depressive episode each year.

1 in 9 adolescents aged 12-17 have serious thoughts of suicide each year.

7,000 Wyoming adolescents have serious thoughts of suicide each year.



23%

of youth aged 0-17 in Wyoming have experienced **2+ adverse childhood experiences**, which are linked to mental illness and substance misuse in adulthood.

WYOMING is facing a mental health crisis.

More than **560,000** people in Wyoming live in a community without enough mental health professionals.

The need to address access to mental health care in Wyoming is urgent.

2x

more likely for a Wyomingite to be **forced out-of-network** for mental health care than for primary care.

5,538

calls were made to Wyoming's **988 Suicide & Crisis Line** call centers in 2023.

1 in 1,053

ratio for school psychologists to students in Wyoming's K-12 public schools. This is **worse** than the recommended ratio of one school psychologist for every 500 students.

28,000

adults in Wyoming reported needing mental health treatment but not receiving it between 2018-2019. **Cost is a prevailing factor** in not receiving treatment.

WYOMING is facing a mental health crisis.

Wyomingites deserve to get the mental health care they need, when they need it.



NAMI Wyoming is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Learn more at namiwyoming.com. For data citations, visit nami.quorum.us/mhpolicystats/.

This fact sheet was compiled based on data available in March 2025.

Programs/Services We Offer - Here In Our Community
All are FREE and open to anyone in need.

Support Groups:

- Suicide Loss Therapeutic
- Pathways Therapeutic
- Self-Acceptance Peer
- Healing Your Relationship with Food & Body

Educational Workshops

- Regular educational workshops are FREE
- Community dinner: 5:30pm, presentation: 6:30-7:30pm
- Free childcare available.

May we count on YOU to join us or donate?

Your membership dues and generous donations help us keep programming free, HelpLine phones answered, support groups meeting and community advocacy and activities.



Why Join NAMI Sheridan?

- Support your community by investing in your local NAMI Chapter
- Receive content of interest, publications, announcements and upcoming events

MEMBERSHIP APPLICATION

Join NAMI Sheridan Wyoming

YES! I want to join my voice with NAMI by becoming a member!

Title: Mr. Mrs. Ms. Dr.

Primary Member First Name: _____

Primary Member Last Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Membership Dues (*annual*):

\$5 Open Door (*for low income*)

\$40 Individual

\$60 Household: *names of individuals at same address under Household membership:*

Payment Information: Check Cash Card

Name on Card: _____

Account Number: _____

Expiration Date: _____ Validation Code: _____

Signature: _____

Send this form and payment to: NAMI Sheridan Wyoming, 1 S Tschirgi St., Sheridan, WY 82801

Or complete online here: my.nami.org/join-nami