

COMMUNITY RESOURCES

Emergency Numbers

Poison Control

(800) 222-122

National Suicide and Crisis Lifeline

Dial or Text 988

LCCC After Hours Crisis Support

(855) 313-0862

** 24-hr mental health support*

Safehouse Services

(307) 637-7233

** 24-hr crisis hotline for domestic violence, stalking, sexual assault*

Veteran's Crisis Line

Dial 988 - Press 1

** 24-hr crisis hotline for veteran's in crisis or those concerned about 1*

Child Protective Services

(307) 777-7921

Hours: 8am-5pm Mon-Fri

**Request an intake worker to report a concern about abuse or neglect.*

The Trevor Project Crisis Line

(866) 488-7386 or text START to 678-678

** 24-hr crisis line/support for those specifically within the LGBTQ community*

National Domestic Violence Hotline

(800) 799-7233 or text START to 88788

** 24-hour crisis hotline for domestic abuse*

AgriStress Helpline

(833) 897-2474 (phone or text)

**24-hr crisis support with special training for those within the agricultural, forestry, and fishing industries; state specific agricultural resources*

Shelters / Housing / Utilities

Comea Shelter

(307)632-3174

Office hours: 8am-4pm Mon-Fri

1504 Stinson Ave 82001

** Emergency check-in at 4pm every day with dinner at 6pm; offers transitional programs for both singles & families*

Family Promise

(307) 772-8870

Hours: 8am-5pm Mon-Fri

**Provides shelter prevention through transitional housing; offers personal hygiene & infant diaper assistance*

Safehouse

(307) 634-8655

Office hours: 8am-5pm Mon-Fri

** Provides shelter to victims of domestic violence, stalking & sexual assault*

Wyoming Coalition for the Homeless: Welcome Mat Day Center

(307) 634-8499

907 Campbell Ave 82001

Hours: 9am-3pm Mon-Sat

Cheyenne Housing Authority

(307) 633-8333

Office hours: 8:30am - 5pm Mon, Tues, Thurs, Fri

Closed on Wed

** Housing assistance for low-income families, the disabled, & the elderly*

Transitional Housing via Community Action

(307) 635-9291

** Call for an appointment*

Salvation Army

(307) 634-2769

** Offers rental assistance on a case to case basis*

PATH via Recover Wyoming

(307) 421-7261

1017 E Lincolnway 82001

Hours: 9am-5pm Mon-Fri

** Assists with housing for the homeless or those with immediate threat of becoming homeless*

Volunteers of America

(307) 632-9362

510 W 29th St. 82001

** Offers SSVF and Moral Injury Services*

Low Income Energy Assistance (LIEAP)

(800) 246-4221

822 W 23rd St 82001

** Assists with heating bills (Nov-May) for low-income families & individuals with priority given to the elderly, disabled & young children.*

** Must apply online at <https://www.lieapwyo.org>*

Black Hill Energy

(888) 890-5554

** Offers financial assistance programs*

High West Energy

(307) 246-4283

Energy Share of Wyoming

(828) 458-3025

** Assisting individuals with emergency needs for utility bill payment when no other funding resources are available*

Food / Clothing

LCCC FNBO Food Pantry

(307) 778-1119 - Ashley

Crossroads Building Room 107

St. Joseph's Food Pantry

(307) 634-4625

206 Van Lennen Ave 82007

Hours: 10am-12:50pm Mon-Thurs

** An ID & proof of residence are required*

Needs Inc.

(307) 632-4132

900 Central Ave 82007

Food Pantry Hours: 8:30am-6pm Mon & Tues

8:30am-4pm Wed & Thurs

Thrift Store Hours: 10am-3pm Mon-Thurs

Element Food Pantry

(307) 200-8840

600 E. Carlson St. 82009

Hours: 1:30pm-3:30pm Sundays only

** Each bag will contain an assortment of canned vegetables, fruit, pasta or rice, peanut butter and jelly, canned meat, chips or crackers, and cereal or oatmeal. We will also provide fresh fruit and veggies and meat when available.*

Salvation Army

(307) 634-2769

Food Boxes: 9am-11am Mon-Fri

Community Lunch: 11:30am-12:30pm Mon-Fri

Meals on Wheels

(307) 635-5542

2015 S Greeley Hwy 82007

** Must apply; Persons under 60 yrs may be eligible due to disability or medical circumstances, Sliding*

Laramie County WIC Program

(307) 634-6180

100 Central Ave. 82007

Hours: 8am-5pm Mon, Tue, Thurs, Fri

9am-5pm Wed

Closed Last Wed of month 11am-1PM & Closed 4th
Thurs of the month 8am-9-30am

** Must call to set up application process; assists
pregnant, breastfeeding & postpartum women &
families with children under the age of 5 yrs*

SNAP - Food Stamps - Laramie County

(307) 777-7921

** Must apply; call for more information*

Destiny Church - Clothes Closet

(307) 634-4657

711 Warren Ave 82007

Open on the 1st and 3rd Saturday of each month
from 9am-12pm

Freely Given Cheyenne - Our Savior Lutheran Church

(307) 632-2580

1501 Dell Range Blvd 82009

Open the 2nd Saturday of every month weather de-
pendent. For updates check Freely Given Cheyenne
on Facebook.

** Maternity, infant clothing, diapers, etc.*

Cheyenne Wyoming Clothing Ministry

Contact via Facebook

Facebook.com/cheyenneclothingministry/

2021 E 20th 82001

** Offers a variety of clothing*

True Vine Community Church

(307) 514-0124

110 Central Ave. 82007

Food Bank Hours: 10am-2pm Wed

** Must have valid ID*

Healthcare - Medical / Vision / Dental

Healthworks

(307) 635-3618

2508 E. Fox Farm Rd. 1-1A 82007

** Provides medical, mental health & a pharmacy;
fees are based on the sliding scale. To use the
pharmacy you must be a patient at Healthworks.
The pharmacy offers medication assistance to those
who do not medication covered by insurance.*

Laramie County Public Health

(307) 633-4000

100 Central Ave 82007

Hours: 8am-4:30pm Mon-Fri

** offers free immunizations for children; Family plan-
ning based on the sliding fee; assists with enrollment
for Medicare/Medicaid; HIV & STD testing & mater-
nity services*

LCCC Health Clinic

CCC129

Tuesday nights from 6pm-8pm (Fall & Spring se-
mesters only)

** No appointment needed; must have current stu-
dent ID for the current semester to be seen and is
free for current students*

UW Family Medicine

(307) 632-2434 (24-hr answering service)

820 East 17th St. 82001

Hours: 8am-6pm Mon-Thurs

8am-5pm Fri

** Family medicine, x-rays, labs (through CRMC) &
referrals; slide fee scale*

Kid Care CHIP

(855) 294-2127

3100 E Pershing Blvd Suite 125 82001

Hours: 7am-6pm Mon-Fri

** Affordable health insurance for children & teens;
must apply/ covers medical, dental & vision*

Crossroads Clinic - Community Action

(307) 632-8064

1700 Westland Rd.

Hours: 7:30am-5pm Mon, Tue, Thurs

7:30am-7pm Wed

7:30am-11:30am Fri

(Closed daily from 12pm-1pm)

* *Primary care & mental health on sliding scale fee*

Lions Club via Community Action

(307) 635-9291

* *Eye exam and glasses assistance; must call for an appointment*

LCCC Dental Hygiene Clinic

(307) 778-1141

1400 E College Dr. Science Center (SC) 113

Hours vary please view hours at

www.lccc.wy.edu/pathways/healthscienceswellness/

* *Provide cleaning, x-rays, exams, ect.*

Affinity Family Practice

(307) 514-1523

903 S Greeley Highway Suite A 82007

Hours: 10am-6pm Mon & Wed

9am-5pm Tue & Thurs

9am-12:30pm Fri

9am-12:30pm on the first & third Sundays of the month

* *Offer physical exams, DOT driver exams, sick visits, immunizations, ext.*

Mental Health / Substance Abuse

LCCC After Hours Support

(855) 313-0862

* *Offers students mental health support after hours*

Ellie Mental Health

(307) 317-0973

1904 Warren Ave 82001

Hours: 8am-6pm Mon-Fri

* *Must make an appointment; for insurance they take Medicare, Tricare, Wyoming Medicaid, Optum, ect.*

Healthworks

(307) 635-3618

2508 E Fox Farm Rd. Suite 1A 82007

* *Provides primary care, dental & mental health; Fees are based on the sliding scale*

Thrive Counseling Services

(307)369-470

3207 Sparks Rd Ste 200 82001

Hours: 9am-6pm Mon-Fri

9am-12pm Sat

* *Accepts Medicaid & Medicare, sliding fee scale*

LIV Health

(307) 630-4729

2500 Dell Range Blvd 82009

Hours: 9am-7pm Mon-Sat Closed Sun

* *Offers **mental health urgent care**; substance abuse treatment, case management, general mental health & certain medications*

* *Accepts Medicaid & Medicare, Sliding fee*

Speak Life Counseling

(307) 426-4204

1816 E 17th St 82001

* *Offers marriage/family; counseling and counseling to children 12 years and older, Christian-*

Specialty Counseling & Consulting

(307) 426-4797

4025 Rawlins St 82001

200 Dell Range Blvd 82001

Hours: 8am-5pm Mon-Fri

* Offers multiple locations including Laramie & Northern CO, individual/family/group therapy

* Accepts Medicaid, Medicare, and discounts for uninsured

Northern Star Counseling

(307) 421-9329

821 W Pershing Blvd 82001

Hours: 8am-7pm Mon-Fri

* Offers emotional support animal screening education and support.

* Discounts for uninsured

High Plains Psychological Assessment Center

(307) 640-7720

1920 Thomes Ave 82001

* Psychological & Neuropsychological Evaluations

Smith Psychological Services

(307) 632-7771

1401 Airport Pkwy Ste 240 82001

* Psychological assessment & therapy

Dr. Steven Newman

(307) 220-9099

1920 Thomes Ave. 310 82001

* Psychological assessments & therapy

Youth Alternatives

(307) 637-6480

1328 Talbot Ct. 82001

Hours: 8am-6pm Mon-Fri

* Youth mental health services

Volunteers of America - Muhr

(307) 634-9653

2526 Seymour Ave 82001

* Veterans & therapy for all; general mental health & substance abuse counseling; sliding fee scale even with insurance

* DUI education class; DUI assessment for court

Recover Wyoming

(307) 421-7261

1017 E Lincolnway 82001

Hours: 9am-5pm Mon-Fri

* Assists with long-term recovery from addiction through recovery coaches, not a 12-step program. All recovery meetings; referrals to community resources

* Sober space

Volunteers of America - Harmony House

(307) 632-6433

2310 E 8th St 82001

* nonmedical drug detox, open 24 hrs

* Residential treatment (60-90 days); must call to arrange intake (Men)

Behavioral Health - Cheyenne Regional

Medical Center

(307) 633-7370

2600 E 18th St 82001

* Offer individual & group therapy; couple counseling; intensive outpatient treatment for mental health & chemical dependency

Psychology Today Website

<https://www.psychologytoday.com/us>

- Search for therapist by zip code

USA Service Animals Registry

<https://usserviceanimals.org/>

* ESA letters, screening and support

Veteran Services

VA Medical Center / Regional Office

(307) 778-7550 Main

(307) 778-7349 Mental health

(833) 983-0484 VA health Connect

2360 East Pershing Blvd 82001

Open 24/7

** Offers primary care, dental, audiology, vision, speech, ect.; onsite pharmacy; telehealth*

** Offers counseling, substance abuse, counseling &*

Volunteers of America - Churchill

(307) 634-9653

510 W 29th St. 82009

** Homebase for veterans, psychiatry for all clients, pharmacy*

Cheyenne Vet Center

(307) 778-7370

2617 E Lincolnway Suite C 82001

Hours: 8am-6pm Mon-Fri

** Offers counseling for sexual trauma, combat & reintegration into civilian life; no cost to qualified individuals*

Veterans Legal Assistance Project via Equal Justice

Wyoming

(307) 777-8383

** Assists low-income veterans; Must apply*

Wyoming Veteran's Hotline

(800) 833-5987

Employment

Express Employment Professionals

(307) 632-0567

2205 E Pershing Blvd 82001

Hours: 8am-5pm Mon-Fri

** Assists w/finding temporary, part-time, or full-*

Elwood Staffing

(307) 638-8710

1011 E Lincolnway 82001

Hours: 8am-5pm Mon-Fri

** Assists placing temporary, temp-to-hire, and direct hire employment for general, professional & skilled trades staffing*

Adecco Staffing

(307) 632-4476

1817 Carey Ave 8200

Hours: 8am-5pm Mon-Fri

** Offers skills training, career counseling, military alliance for veterans and military spouses, resume building*

Cheyenne Workforce Center

(307) 777-3700

5221 Yellowstone Rd 82009

** Assists job seekers w/career counseling, resume building, mock interviews, on-the-job training, clothing for interviews & vocational rehab*

** Website: wyomingatwork.com*

Supported Employment via Goodwill WY

(307) 634-0823

** Assists those with disabilities in finding & maintaining a job*

** Transportation can be provided as necessary*

People Ready

(307) 778-6060

316 W 17th St 82001

Hours: 5:30am-6pm Mon-Fri

** Focuses on high-demand labor*

Dads Making A Difference Program

(307) 777-3639

(307) 777-3454

5221 Yellowstone Rd 82009

** Training-to-work program for low-income fathers, job placement assistance, life-skills training; must apply*

Job Corps

(307) 287-6260

1510 E Pershing Blvd 82001

** For ages 16-24 yrs; career training, assists w/*

Children / Family Services

Wyoming Child and Family Development Laramie County

(307) 634-9378

** Call for current schedule*

** Head Start for low-income/at-risk children provides developmental, hearing, vision & health screening*

** Early Head Start for pregnant mothers & birth -*

STRIDE Learning Center– Infant and Toddler Program

(307) 638-6100 (Birth – 2 years program)

(307) 632-2991 (3 year– 5 year program)

326 Parsley Blvd. 82007

** Various screenings provided vision, developmental, and hearing. Services include special education, speech & language, occupational*

Safe Kids Laramie County VIA CRMC

(307) 432-2679

214 E 23rd St 82001

** free car seat inspections, call to make an ap-*

Wyoming Child Support Program

(307) 777-6948 General customer service

(307) 635-3365 Local

2015 Carey Ave 82001

** Assists with collecting & setting up child support order; paternity establishment, locating parent.*

Lifechoice Pregnancy Care Center

(307) 632-6323

1001 West 31st St 82001

Hours: 10am-4pm Mon & Tues

12pm-6pm Wed

** Pregnancy decision coaching, pregnancy testing, OB ultrasounds, etc.*

11/2024

Legal Services

Legal Aid of Wyoming

(307) 432-0807 or

(877) 432-9955

2617 E Lincolnway Ste K 82001

Hours: 9am-4pm Mon-Fri

** Provides legal aid for low-income individual; dos not represent defendants in criminal cases*

Equal Justice Wyoming

(307) 777-8383

2300 Capitol Ave 82001

** Civil legal services for low-income individuals*

** Extensive information & various legal forms at equaljustice.wy.gov*

Modest Means Program via WY State Bar

(307) 432-2107

** Must income qualify– Reduced fees*

** Provides Low-cost legal assistance to individuals who do not qualify for free legal services, but cannot afford the expertise of attorneys at the standard rate.*

WY State Bar

(307) 632-9061

4124 Laramie St 82001

Hours: 8am-5pm Mon-Fri

Wyoming State Public Defender

(307) 777-7138

309 W 20th St

Hours 8am-5pm Mon-Fri

** Offers free legal advice and free legal representation to defendants who cannot afford to hire an attorney. Appointed by the court*

Federal Public Defender

(307) 772-2781

214 W Lincolnway Suite 31A 82001

** Represents Criminal defendants, judge will appoint*

Wyoming Free Legal Answers

<https://wyoming.freelegalanswers.org/>

Transportation Services

Cheyenne Transit Program - Bus

(307) 637-6253

Office Hours: 8am-5pm

Fixed Route Service: 6am-7pm Mon-Fri

10am-5pm Sat

** Curb-to-curb by reservation*

** CTP app available on Apple and Android devices*

Taxi Cabs

All In One Shuttle: (307) 365-3856

Cheyenne Chauffeur: (307) 275-4748

Cowboy Shuttle: (307) 638-2468

T.I. Shuttle: (307) 778-4066

Rideshare Options - Require Mobile Apps

Lyft

Uber

Non-Emergency Numbers

Police Department

(307) 637-6500

Laramie County Sheriff's Office

(307) 633-4700

Fire Department

(307) 637-6320

Cheyenne Regional Medical Center

(307) 634-2273

Wyoming Highway Patrol

(307) 777-4321

(800) 442-9090 Urgent/Report drunk driver

WYDOT - Road & Travel Conditions

511

(888) 996-7623

Other Additional Resources

Vital Statistics Services

(307) 777-7591

2300 Capital Ave 82002

Hours: 9am-4pm Mon-Fri

** Provides birth, death, marriage & divorce certificates that occurred in the state of WY only; Fees Apply*

Driver's License Services - WYDOT

(307) 777-4800

1520 Etchepare Circle 82007

Hours: 8am-5pm Mon-Fri

Social Security Administration

(866) 336-7580

3001 E Pershing Blvd Ste 140 82001

Hours: 9am-4pm

Wyoming Department of Family Services

(307) 777-7921 Local Office

(307) 777-7921 or (800) 457-3659 Main Line

(307) 777-7921 Report Abuse

1022 Airport Parkway 82001

** Various assistance programs; food, housing, utilities, cash, childcare, foster care, adoption*

Post Office - Main

(307) 772-7080

4800 Converse Ave 82009

Hours: 7:30am-5:30pm Mon-Fri

7am-1PM Sat

** Provides passport services; Appointment needed*

City of Cheyenne

(307) 637-6200

2101 O'Neil Ave 82001

www.cheyennecity.org

** Explore Cheyenne; city government info & city services*

Wyoming 211

Dial 2-1-1 or (888) 425-7138

Hours: 8am-6pm

<https://wy211.communityos.org/>

** Lists local nonprofits and government services*

Laramie County Senior Services via Cheyenne Housing Authority

(307) 635-2435

2101 Thomes Ave 82001

Hours: 8am-4pm Mon-Fri

11am-12pm Sat & Sun

** Assists with medical supplies, caregiver support, housekeeping, meals, etc.*

Laramie County

www.laramiecountyyw.gov

** Resources for County Clerk, County Commissioners, County Assessor & various county departments*

Wyoming State Officials

Governor: Mark Gordon

Secretary: Chuck Gray

Senators: John Barrasso & Cynthia Lummis

Representative: Harriet Hageman