

Mental Health Services in Sweetwater County

1. Southwest Counseling Service

Mental Health Services and Child, Adolescent, and Family Services

Phone: (307) 352.6680 Fax: (307) 352.6676

Website: www.swcounseling.org

Address: 1124 College Drive, Rock Springs, WY 82901

Hours: Monday-Thursday 8:00 a.m.-8:00 p.m.; Friday 8:00 a.m. -5:00 p.m.

*Open Access (Walk-in Assessment) at our College Hill Office: Monday-Thursday 1:00 p.m.-4:00 p.m. (12:00 p.m. start paperwork)

Green River Office (Mental Health Outpatient/Psych Evals)

Phone: (307) 872.3205 Fax: (307) 872.3207

Website: www.swcounseling.org

Address: 115 East Flaming Gorge Way, Green River, WY 82935

Hours: Monday 1:00 p.m. – 5:30 p.m., Tuesday 8:30 a.m. – 8:00 p.m.,

Wednesday 8:00 a.m. – 6:00 p.m., **Thursday:** 10:00 a.m. – 5:00 p.m. Friday: Closed

Recovery Services (outpatient, crisis/detox-residential, therapeutic community-residential)

Phone: (307) 352.6677 Fax: (307) 352.6614

Website: www.swcounseling.org

Address: 2300 Foothill Blvd, Rock Springs, WY 82901

Hours: Monday 8:00 a.m.-8:45 p.m., Tuesday 8:00 a.m.-6:45 p.m., Wednesday 8:00 a.m.-8:45 p.m., Thursday 8:00 a.m.-6:45 p.m., Friday 8:00 a.m.-7:15 p.m.

Bridges Program (daily services for adults who have a serious mental illness such as bipolar disorder, severe major depression, and/or schizophrenia.)

Phone: (307) 352.6689 Fax: (307) 352.6692

Website: www.swcounseling.org

Address: 2706 Ankeny Way Rock Springs, WY 82901

Hours: Monday – Thursday 8:00 a.m. - 5:00 p.m.; Friday 8:00 a.m. - 12:00 p.m.

Emergency Services

A crisis can be caused by things that are unexpected or sudden. Emergency services typically include walk-in services, phone intervention, hospital consultations, and brief crisis counseling.

If you or someone you know is having suicidal thoughts, an on-call clinician is available 24 hours a day, seven days a week to confide in. Please call (307) 352.6677 and ask to speak with on-call.

2. Rock Springs Community Health Center - Rock Springs, WY- Behavioral Health

Phone: Clinic: (307) 212.5116, Pharmacy: (307) 212.5105, Fax: (307) 448.2250

Website: <https://www.bearlakecommunityhealthcenter.org/rock-springs-community-health-center-rock-springs-wy/>

Address: 2620 Commercial Way, Suite #140 Rock Springs, WY 82901

Hours: Monday-Thursday 8:00 a.m.-6:00 p.m.

Behavioral Health

Do you ever wish there was just someone you could talk to about life's concerns? Rock Springs Community Health Center provides therapy services for children, teens, couples, individuals and families struggling with anxiety, depression, adjustment, relational issues and more.

Some of the services provided:

- Depression
- Anxiety
- Coping with Acute and Chronic Health Conditions
- Marital/Couple Problems
- Parenting Concerns
- Pornography and Other Addictions
- PTSD and Trauma
- Anger Management
- Other Mental Health Conditions

3. Family Dynamics Counseling

Phone: (307) 382.3010

Website: <https://www.fdcounseling.com/>

Address: 4000 Dewar Dr., Rock Springs, WY 82901

Hours: Monday 8:30 a.m.-5:00 p.m., Tuesday 8:30 a.m.-7:30 p.m., Wednesday 8:30 a.m.-5:30 p.m., Thursday 9:00 a.m. -5:00 p.m., Friday 9:00 a.m.-4:00 p.m., Saturday by Appointment, Sunday Closed.

Services provided:

- Anxiety management
- Children's counseling to youth therapy
- Trauma management, Depression management
- Family counseling
- Individual counseling
- Marriage/Couples counseling
- Substance use
- Substance Abuse Professional (SAP).

4. High Point Counseling

**A private mental health provider*

Phone: (307) 212.8014

Website: <http://www.highpointcounseling.com>

Address: 2632 Foothill Blvd. Suite 101, Rock Springs, WY 82901

Sweetwater County
Sweetwater County Prevention Coalition

Hours: Varies by appointment

Services provided:

- Couples counseling
- Individual therapy
- Addiction services
- Family
- Depression
- Anxiety

5. Access Balance & Change, Inc.

Phone: (307) 382.6330

Website: <https://www.accessbalanceandchange.com>

Address: 126 Elk St., Rock Springs, WY 82901

Hours: Monday-Thursday 9:00 a.m. – 6:00 p.m., Closed Fridays, Saturdays, Sundays(Evening/Weekend Group Services Available)

Services provided:

To determine the best course of action for a client, ABC begins with the Clinical Evaluation process. This Clinical Evaluation process is collaborative between yourself and the Clinician.

- Adult Substance Abuse Evaluations
- Adult Anger Management Evaluations
- Adult Domestic Violence Evaluations
- Adult Mental Health Evaluations
- Adult Trauma Evaluations
- Adolescent Substance Abuse Evaluations
- Adolescent Mental Health Evaluations
- Adolescent Anger Management Evaluations
- Child Mental Health Evaluations

Our Child and Adolescent Treatment Services Include:

- Individual Treatment
- Family Treatment
- Couples Treatment
- Adolescent Girl's Group
- Adolescent Boy's Group

Preventative & Education Courses

- Cannabis Education Course - Level 0.5
- DUI Education Course - Level 0.5 8-hour Course

Level 1 Outpatient Treatment

- Strategies for Life Treatment ("Corrective Thinking")
- Anger Management
- Domestic Violence
- Men's Trauma
- Women's Trauma
- Relapse Prevention
- Dialectical Behavioral Therapy (DBT)
- Outpatient Substance Abuse
- Adolescent Girl's Group
- Adolescent Boy's Group

Level 2.1 Intensive Outpatient Services (IOP)

- Morning and Evening IOP treatment services

6. Better Solutions Counseling Center

Phone: (307) 382.3058 Fax: (307) 382.3258

Website: <http://www.bettersolutionscounseling.com/contact.html>

Address: 2001 Dewar Drive, Suites 230 and 270, Rock Springs, WY 82901

Hours: Vary by appointment

Better Solutions Counseling Center (BSCC) is a private mental health center that serves the Sweetwater community.

Services provided:

Specialize serving adults, adolescents and children with:

- Autism
- Physical, mental or cognitive disabilities
- Crisis counseling
- General counseling needs

They provide:

- Individual therapy
- Family therapy
- Couples therapy
- Art therapy
- Psychological & psycho-educational services
- EMDR therapy

Crisis Numbers

If you or someone you know is struggling emotionally, please reach out and get support:

Local:

- **Southwest Counseling Service: Crisis Line** with on-call clinicians available **24/7** at **(307) 352.6680**
- **Sweetwater Youth Crisis Center: Address:** 3801 Sweetwater Dr., Rock Springs, WY 82901. **Phone:** (307) **352.6762**

In case of Emergency:

- **Emergency, please call:** 911
- **Poison Control:** 1.800.222.1222
- **Memorial Hospital of Sweetwater County:** (307) 362.3711
- **Rock Springs Police Department:** (307) 352.1575
- **Green River Police Department:** (307) 872.0555
- **Sweetwater County Sheriff:** (307) 922.5300
 - If not an emergency, but you require assistance from a deputy, please call Sweetwater Combined Communications Center's.
 - Non-emergency lines at **(307) 875.1400** or **(307) 362.6575**.

National:

- **National Suicide Prevention Lifeline** – call **1.800.273.TALK (8255)** for free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- **Veterans Crisis Line** – veterans and their loved ones can call **1.800.273.8255** and **Press 1**, chat online, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.
- **Crisis Text Line** – free, 24/7 support for those in crisis. Text **741741** from anywhere in the US to text with a trained Crisis Counselor.
- **Trans Lifeline** – call **1.877.565.8860** for a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs community members might have.
- **Disaster Distress Helpline** – call **1.800.985.5990** for a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- **The Trevor Project** – a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call **1.866.488.7386** to connect with a trained counselor.

Suicide Prevention Resources

Local:

- **Southwest Counseling Service:** <https://www.swcounseling.org>
 - **Community Prevention Specialists** for Suicide, Underage drinking, Binge Drinking, Tobacco, and Opioid/other drugs Prevention (See Prevention Services section for Current Work plan).
 - Contact Southwest Counseling Service's Prevention Team for details at (307) 352.6677.
 - Sweetwater County Prevention Coalition
 - Sweetwater County Suicide Task Force
 - Suicide Prevention Training Instructors (call Prevention Team at (307) 352.6677 for information):
 - Mental Health First Aid (MHFA) Instructors
 - Question, Persuade, Refer (QPR) Instructors
- **Suicide Bereavement Support Group:** <https://www.survivesuicideloss-wy.com/>
 - For information, please call: (207) 504.6581

National:

- **American Association of Suicidology:** <https://suicidology.org/>
- **American Foundation of Suicide Prevention:** <https://afsp.org/>
- **Centers of Disease Control and Prevention:**
<https://www.cdc.gov/violenceprevention/suicide/index.html>
- **National Action Alliance:** <https://www.nami.org/Learn-More/Know-the-Warning-Signs>
- **National Institute of Mental Health Toolkit:**
<https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials/index.shtml>
- **National Suicide Prevention Lifeline:** <https://suicidepreventionlifeline.org/>
- **SAVE Suicide Awareness:** <https://save.org/who-we-are/>
 - <https://save.org/what-we-do/grief-support/grief-resources/>
- **Substance Abuse and Mental Health Services Administration:**
<https://www.samhsa.gov/find-help/suicide-prevention>
- **Suicide Prevention Resource Center:** <https://www.sprc.org/>
- **World Health Organization:** https://www.who.int/health-topics/suicide#tab=tab_1
- **Wyoming Department of Health:**
<https://health.wyo.gov/publichealth/prevention/wivpp/suicide-prevention/>
 - <https://health.wyo.gov/admin/vitalstatistics/reports/>
- **Zero Suicide in Health and Behavioral Care:** <https://zerosuicide.sprc.org/>