

# UINTA COUNTY RESOURCES FOR MENTAL HEALTH & CRISIS INTERVENTION

## Mental Wellness Resources

WYOMING CRISIS TEXT LINE



Text: WYO To: 741-741

**988**

SUICIDE  
& CRISIS  
LIFELINE

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



Free mental health and substance use support via Central Wyoming Community Counseling, ask a school counselor or administrator for more information or visit <http://uintaaware.com/>.

— **Frontier Psychological Associates,**  
L.C. 724 Front Street, Suite 230 Evanston, WY 82930  
307-789-6773

— **High Country Behavioral Health,**  
190 Overthrust Road Evanston, WY 82930  
307-789-4224 (Available 24/7 for crisis intervention)

— **Pioneer Counseling Services**  
350 City View Drive, Suite 206 Evanston, WY 82930  
307-789-7915

— **Uinta Counseling**  
545 Cheyenne Dr Ste G, Evanston, WY 82930  
307-363-2705

# SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Talking about being a burden to others.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

More details visit here:

<http://uintaaware.com/>

