FREE HELP NEAR YOU

Central Wyoming · Casper, Riverton, Lander & Douglas

Casper · Mills · Evansville · Douglas · Glenrock · Riverton · Lander · Dubois · Shoshoni · Thermopolis · Worland · Ten Sleep

Not sure where to go?
Tell us what's going on and where you are. We'll point you to the right place.

REAP AMERICA · 24 HOURS
1-877-341-REAP
(1-877-341-7327) · Text: 775-235-8765

911 Police · Fire · Ambulance

988 Mental health crisis call or text

211 Wyoming 211 · dial 2-1-1 for local help

Food, Bills & Emergencies

Food Bank of Wyoming
Statewide · find a pantry near you
307-265-2172

Community Action Partnership of Natrona County
Casper · help with bills & health care
307-232-0124

Wyoming Energy Assistance (LIEAP)
Statewide · help with heating bills
1-800-246-4221

Safety From Abuse (24 hours)

Self Help Center
Casper area · crisis line
307-235-2814

Converse HOPE Center
Douglas · Converse & Niobrara
307-358-4800

Fremont County Alliance
Riverton & Lander · 24 hours
307-856-4734

Crisis Prevention & Response Center
Worland & Thermopolis
307-347-4991

Veterans

Casper VA Clinic
VA health care
307-235-4143

Sheridan VA Medical Center
Main line for central & northern Wyoming
307-672-3473

Shelter

Wyoming Rescue Mission
Casper · shelter & meals
307-265-2251

Health Care

Community Health Center of Central Wyoming
Casper · sliding fee
307-233-6000

Community Health Center (Riverton)
Riverton · sliding fee
307-463-7160

Central Wyoming Counseling Center
Casper · mental health
307-237-9583

Fremont Counseling Service
Lander · mental health
307-332-2231

POLICE, FIRE & GAS · Emergency? Call 911 · Smell gas? Get out first, then call

Highway Patrol · Douglas (Natrona & Converse)
307-358-7182

Highway Patrol · Lander
307-332-4155

Highway Patrol · Cody (Hot Springs & Washakie)
307-587-9729

Black Hills Energy · gas leak
1-888-890-5554

NATIONAL HOTLINES · FREE · 24/7

Poison Help
1-800-222-1222

Suicide & Crisis Lifeline
Call or text 988

Veterans Crisis Line
Dial 988, press 1 · Text 838255

Crisis Text Line
Text HOME to 741741

Domestic Violence Hotline
1-800-799-7233 · Text START to 88788

Sexual Assault Hotline (RAINN)
1-800-656-4673

Child Abuse Hotline (Childhelp)
1-800-422-4453 · call or text

Drug & Alcohol Help (SAMHSA)
1-800-662-4357

Human Trafficking Hotline
1-888-373-7888 · Text 233733

Runaway & Homeless Youth (Safeline)
1-800-786-2929