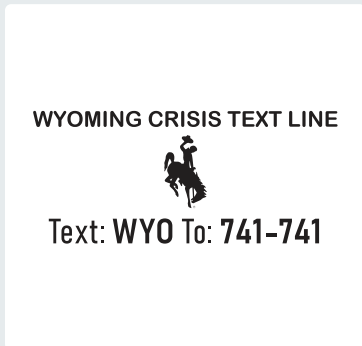


UINTA COUNTY RESOURCES FOR MENTAL HEALTH & CRISIS INTERVENTION

Mental Wellness Resources



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/>

