

# Feeling lost, lonely, desperate?

**There is help.**

*With help  
comes hope!*

**307-877-4466**

**8 a.m. - 5 p.m.  
Mon thru Fri.**

**Emergency Or After Hours  
1-800-273-TALK (8255)**



If you or someone you know is  
thinking about suicide . . . *Let's talk.*

**High Country Behavioral Health**

Funded by the Wyoming Department of Health with Federal Substance Abuse Prevention and Treatment Block Grant Funds



**Wyoming  
Department  
of Health**

*Commit to your health.*