



Staying home under isolation or quarantine can be a little stressful. Here's some resources that may help.

Start a daily grateful journal and write down 1 or more things daily.



Have a healthy snack and drink water



Listen to some music you enjoy



Play a board game or card game



Reach out by phone, email, or write a letter to friends or family



Stretch and take an exercise break



Read a book or watch a movie that you enjoy



Uinta County Mental Health Contacts

Updated 6/21



Mental Health Provider	Contact #	Information
Frontier Psychological	789-6773	Appointments in person or telehealth available Offering free consultation for those in community who have concerns/stress related to COVID19. Up to 3 sessions. Call for information.
Pioneer Counseling	789-7915	Appointments available In person, phone, or ZOOM
High Country Behavioral Health <i>BV office</i>	782-3097	Appointments available In person, phone, or ZOOM
High Country Behavioral Health <i>EV office</i>	789-4224	Appointments available In person, phone, or ZOOM
CAPS Counseling Shantay Roe LCSW	679-3854	Appointments available Contact for information
Uinta Counseling EV Michelle Robertson	307-363-2705	Appointments available By telehealth or in person
Meghan Anderson LCSW Lyman	208-360-6271	Appointments available By telehealth or in person
Three Feathers Counseling, LLC Mejia Williams MSW, LCSW	307-800-1039	Appointments available Contact for information
Local Clergy		Contact for assistance. Some also have counselors they can refer you to
Wraparound Solutions	789-0241 Or 679-5711	Great resource for ages 4-20. Telehealth and in person appointments. Can help you connect to resources. Also has caregiver groups by telehealth for any adult. Contact for more information.
National Suicide Prevention Lifeline 1-800-273-TALK (8255) Or text: WYO to 741741		If you or someone you know are in mental health crisis Call 911 or 307-789-4224