

Our Staff:

- * Licensed Professional Counselors
- * Licensed Clinical Social Workers
- * Certified Social Workers
- * Case Managers
- * Treatment Specialists
- * Outreach Specialists
- * Advanced Practice Registered Nurse

Our Focus:

- * Quality
- * Service
- * Progress
- * Recovery

Our Commitment:

Making sure that you find the right provider is very important to us. The relationship between you and your provider is critical to your success in treatment.

We have multiple providers in our offices and we commit to helping you find that one that is the best fit FOR YOU!

More Information:
www.fremontcounseling.com

Lander:
748 Main Street
Lander, WY 82520
(307) 332-2231
(307) 332-9338 (fax)

Riverton:
1110 Major Avenue
Riverton, WY 82501
(307) 856-6587
(307) 856-2668 (fax)

TTY Hearing Impaired:
1-800-877-975

**24-Hour
Emergency Access:**
Lander: (307) 332-4233
Riverton: (307) 856-7489

Fremont Counseling Service is an
Equal Opportunity Provider.

FREMONT COUNSELING SERVICE

Mental Health Services



Our Mission:

To provide the highest quality mental health and substance abuse services to enhance lives and enrich our communities.

**Proudly Serving
Fremont County
Since 1959.**

Mental Health Services:

Services are available for adults, adolescents, children, couples, and families and can focus on a wide range of issues including effectively coping with trauma, depression, and stress; death and loss; emotional or behavioral problems; or more severe and persistent mental illnesses.

Mental health services may include:

- ◇ Individual therapy
- ◇ Family or couples therapy
- ◇ Group therapy
- ◇ Psychiatric medication management
- ◇ Supported employment
- ◇ Case management

Child and Family Services:

Services focus on a wide range of issues such as school-related problems, divorce and blended family issues, emotional and behavioral problems, death and loss, trauma, and stress.

Child and family services may include:

- ◇ Individual, family or group therapy
- ◇ Play therapy
- ◇ Specialized groups (based on need)
- ◇ Community socialization and recreation
- ◇ Psychiatric medication management
- ◇ Skills training (rehabilitative services)

Please seek help if you have concerns about yourself or a loved one. Some signs and symptoms may include:

- ◇ Prolonged or severe depression
- ◇ Marked personality change
- ◇ Confused or disordered thinking
- ◇ Excessive worry or anxiety
- ◇ Withdrawal and/or isolation from regular activities, friends/family
- ◇ Hallucinations (visual or auditory) or delusions
- ◇ Suicidal or homicidal thoughts or expressions
- ◇ Irregular sleep cycles (too much or too little sleep)
- ◇ Inability to function independently

Treatment is centered on your needs.

Most treatment is fairly brief. The approach and amount of time in treatment differs for each person. At your first appointment, your treatment provider will ask you questions to get a better understanding of your needs.



Emergency Services:

Fremont Counseling Service staff are available 24 hours a day, seven days a week (including weekends and holidays) to assist with mental health emergencies / crises.

Individuals are welcome to walk-in our offices for an emergency consultation during regular business hours (M - F, 8:00 AM - 5:00 PM).

After business hours (including weekends and holidays), individuals should go to a local hospital or police department for assistance.

If you, or someone you know is experiencing a mental health emergency, please call 9-1-1 for immediate assistance.

FCS staff are also available to provide Critical Incident Stress Debriefing services to agencies and facilities in our local communities.

Please call our offices for more information about this service.