

HOT SPRINGS COUNTY RESOURCE GUIDE DURING COVID-19

This list includes resources available for support and assistance in Hot Springs County as our community takes measures to slow the spread of COVID-19.

Information may change as more resources become available.

Financial Assistance

YCAN: YELLOWSTONE COUNTRY ASSISTANCE NETWORK.....307-754-2073 / 833-444-9923

Provides financial assistance to low-income families whose household income has been below 125% of the federal poverty level for the past 30 days. Provides assistance for rent, utilities, doctor, vision screening, dental, mental health visit, and minor transportation and emergency assistance. <https://ycanwyoming.com/>.

DEPARTMENT OF WORKFORCE SERVICES:.....307-856-9231

Has a direct phone line to the unemployment office and can assist people in filing for their unemployment claims due to loss of work from the virus. Unemployment can be accessed via www.wyomingworkforce.org/workers/ui/

DEPARTMENT OF FAMILY SERVICES.....307-864-2158

SNAP Benefits (food stamps) and Child Care Assistance . Also have applications for Medicaid. 403 Big Horn St. Applications can be picked up or mailed. Please try to do as much business by phone as possible.

LIEAP.....800-246-4221

Assistance with utilities and weatherization www.benefits.gov/benefit/1565

Infant Care Supplies

WIC.....307-347-9249

Helps with formula and other food needs for existing clients. Call their office to schedule a local appointment.

PUBLIC HEALTH.....307-864-3311

For any prenatal, postnatal or infant/child concerns, contact Lucy Looper at Public Health.

Welcome Home packages are also available to moms with newborns. A short phone visit is required with Lucy before receiving a package.

Pharmacy Delivery

VICKLUND'S PHARMACY.....307-864-2369

They offer curbside pickup and delivery (there is a small fee). Call for details or to arrange.

Grocery Shopping & Delivery

MACK'S MARKET.....307-864-3112

Delivery available - contact them through their website www.macksmarketwyo.com/contactUs for delivery services.

Someone will call you back to take order information. 600 S. 6th St.

FAMILY DOLLAR.....307-240-3066

514 S. 6th St.

NATURE'S CORNER.....307-864-3218

Curbside services available. Call ahead to place an order. 530 Broadway

Meal Preparation, Pick-Up & Delivery

HOT SPRINGS COUNTY SENIOR CITIZENS CENTER.....307-864-2151
Meal delivery or pick-up (curbside). Call daily before 10:00a.m. to request a meal. Ages 60 & over suggested donation \$4.00 For safety, please provide a cooler outside your home for the home delivered meals.

HOT SPRINGS COUNTY SCHOOL DISTRICT #1.....307-864-6580
Free meals for any child ages 18 and under. Pick up at Ralph Witters Elementary Loop
The next delivery is Tuesday (3/31) & Thursday (4/2) 8:00-10:00a.m. (Each day includes breakfast & lunch for 2 days).
Check school district website for updated pick-up dates and times: www.hotsprings1.org
Facebook page: <https://www.facebook.com/HotSpringsCountySchoolDistrict1/>

PEOPLE FOR PEOPLE FOOD PROGRAM.....307-921-8212
Provides a free meal every Sunday at 12:30p.m. Pick up or delivery. 642 Arapahoe St.
Meals provided are frozen or a meal kit that can be cooked and prepared at home.

For an up-to-date list of food/restaurant establishments offering to-go or curbside delivery, check out the Thermopolis-Hot Springs Chamber of Commerce Facebook Page:
www.facebook.com/thermopolischamber.org or website: www.thermopolischamber.org/covid19-resources

Food Distribution & Donation

RIVER OF LIFE CHURCH.....307-864-3452
Commodities Distribution 3rd Thursday of the month 10:00am-1:00pm. 345 Broadway St.

RISEN SON SOUTHERN BAPTIST CHURCH.....307-864-4115
Messiah's Mall (food and clothing pantry) is open on the 3rd Saturday of each month 10:00a.m. - 11:30a.m.
Call first as dates and times may vary. 342 Amoretti St.

COMMUNITY FEDERATED CHURCH.....307-921-9399
Food Pantry is open the 3rd Sunday of each month 11:30-12:30pm & the 3rd Tuesday of each month 10:30-11:30am.
May use the pantry once per month. 244 N. 6th St.

If an emergency: Call the Help Center (864-3851) or River of Life Church (864-3452)

Healthcare/Telemedicine

Per CDC, please call ahead before visiting your doctor's office or emergency room.

RED ROCK FAMILY PRACTICE.....307-864-5534
When you arrive, please call to check in for your appointment. Please wait in your vehicle and we will be out shortly.

HOT SPRINGS COUNTY MEMORIAL HOSPITAL.....307-864-3121

HOT SPRINGS COUNTY PUBLIC HEALTH.....307-864-3311

PAINTBRUSH DENTAL.....307-864-9411
Emergency appointments only. Call to schedule.

Mental Health Support

WELLSPRING COUNSELING.....307-864-3138
General adult, youth and couples' mental health services, family therapy, substance abuse treatment. Currently utilizing mostly telehealth and telephone.

WISDOM TREE CONSULTATION & COUNSELING SERVICES.....307-921-3667
Adult individual mental health therapy services, domestic violence victims therapy, PTSD therapy, crisis debriefing services for first responders, consultations for non-medical health issues. Currently using telehealth or telephone.

HOT SPRINGS COUNTY MEMORIAL HOSPITAL.....307-864-3121

RED ROCK FAMILY PRACTICE.....307-864-5534
Does not provide clinical mental health services, but they can help to monitor mental health medications.

VA MEDICAL CENTER..... 307-672-3473
Provides support and resources for veterans.

RIVERTON VA CLINIC.....307-857-1211
Military veterans can also call 877-222-8387

TLC COUNSELING - Toni Casciato.....307-864-3211
Adult, family, youth and couples' mental health services. Telehealth and phone counseling only at this time.

Dr. JENNY TITUS, Psychiatric Nurse Practitioner888-504-4074
Mental health medication specialist, gene site testing to determine best medications.

WORLAND BRAIN FITNESS - Kathy Smith307-431-8005
Provides services in Hot Springs County Currently providing telehealth services at this time.

COMMUNITY STATE-SUBSIDIZED COUNSELING CENTERS:

Worland - Cloud Peak Counseling Center307-347-6162
Lovell - Big Horn Basin Counseling Services307-548-6543
Riverton - Fremont County Counseling Center307-856-6587
Cody - Yellowstone Behavioral Health307-587-2197
Casper - Central Wyoming Counseling Center307-237-9583

LIFELINE / CRISIS HOTLINES:

Suicide Prevention Lifeline.....800-273-TALK (8255)
Veterans Crisis Line.....1-800-273-8255, then press 1 or text 838255
The Trevor Project - LGBTQ Crisis Hotline.....1-866-488-7386
Crisis Text Line.....Text HELLO to 741741

EMERGENCIES: POLICE, SHERIFF, FIRE, AMBULANCE.....DIAL 911

Administrative calls to Thermopolis PD.....307-864-3114
Administrative calls to HSC Sheriff.....307-864-2622

Misc Supports and Services

WYOMING 211:Dial 2-1-1 or 888-425-7138
Statewide helpline that provides free, confidential information and referrals to health and human services.
Available M-F 8:00a.m. - 6:00p.m. Or visit: www.wy211.communityos.org/

HOPE AGENCY (available 24/7)307-864-4673
We provide services to individuals in regard to domestic violence, sexual assault, stalking and elder abuse. Office hours are 8:30a.m. - 4:00p.m. Monday through Friday. Please call to make an appointment, or an advocate is always available day or night at the same number.

THE HELP CENTER.....307-921-9984
By appointment only. Call to schedule.
Assistance: computers, internet, phone, copier, fax, and GED help.
In Need: Emergency food boxes available, some aid for utilities and medical assistance.

DEPARTMENT OF FAMILY SERVICES.....307-864-2158
8:00 a.m. - 5:00 p.m. Monday through Friday- please do as much of your business by telephone as possible. DFS Social Services provides services to individuals related to child and adult protection (abuse and neglect). Emergency oncall assistance available for abuse/neglect. Please contact local law enforcement to request DFS emergency assistance after business hours.

HOT SPRINGS COUNTY SENIOR CITIZENS CENTER.....307-864-2151
In home services - Home making and life-line services available by appointment.
Transportation - bus will transport for essential services only, please call to arrange.
Assistance with Census - by appointment only.

LIEAP.....1-800-246-4221
Assistance with utilities and weatherization www.benefits.gov/benefit/1565

Updated Covid-19 Information Websites:

www.hscounty.com/covid
<https://www.facebook.com/hscpublichealth/>
<https://www.facebook.com/HSC EMC/>
<https://www.cdc.gov/>
<https://health.wyo.gov/>

If you would like a copy of this Resource Guide mailed or emailed to you, please send an email to info@thermopolischamber.org or call 307-864-3192 (leave a message if no one answers).

Last updated 3/30/20

For an updated version, please visit the Thermopolis-Hot Springs Chamber of Commerce website: www.thermopolischamber.org/covid19-resources