



Relief and Recovery Assistance Guide
2019 Canal Breach in the
Goshen/Gering-Fort Laramie Canal

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The purpose of this Relief and Recovery Assistance Guide is to connect residents affected by the canal breach in the Goshen/Gering-Fort Laramie Canal with assistance and information. This guide lists information on many programs and agencies.

Please dial 2-1-1 or 1-888-425-7138 for help in finding out more information such as eligibility or insurance requirements on the resources listed in this guide or to obtain additional information on services available.

Language translation services are available. Individuals with hearing and speech disabilities can call Wyoming Relay at 7-1-1 (1-800-877-9965) to indirectly access Wyoming 2-1-1.

You can also visit www.wyoming211.org to review resources and search the database of services in your community. Wyoming 2-1-1 will help identify the best local resources to fit individual needs after a crisis or for life's everyday situations.

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Canal Information and Resources

Gering-Ft. Laramie Irrigation District http://www.gflirrigation.org/	Latest canal breach and tunnel repair updates.
Goshen Irrigation District http://www.goshenirrigation.com/ https://www.facebook.com/goshenirrigationdistrict	Latest canal breach and tunnel repair updates.
Institute of Agriculture and Natural Resources – CROPWATCH https://cropwatch.unl.edu/2019/update-canal-meeting	Updates on efforts to restore water to Goshen/Gering-Fort Laramie Canal.
University of Nebraska-Lincoln – Panhandle Research and Extension Center and University of Wyoming Extension http://go.unl.edu/canal	Recovery resources for the 2019 breach in the Goshen/Gering-Fort Laramie Canal.

Agricultural Resources

Service	Agency, Location and Contact Information	Hours and other information
Goshen County Extension Office	Goshen County Extension Office 4516 US Highway 26/85 Torrington, WY. 82240 307-532-2536 https://wyoextension.org/goshencounty/	8 a.m. – 5 p.m. Monday to Friday. The University of Wyoming Extension provides lifelong learning opportunities for the people of Wyoming and empowers them to make choices that enhance their quality of life.
Sustainable Agriculture Research and Extension Center	University of Wyoming SAREC 2753 St. Highway 157 Lingle, WY. 307-837-2000 http://www.uwyo.edu/uwexpstn/centers/sarec/	8 a.m. – 5 p.m. Monday to Friday. SAREC is comprised of 1,522 acres of dry land cropland, 349 acres of irrigated cropland, 1,880 acres of rangeland, 19 acres of irrigated organic cropland, 40 acres of dry land organic cropland, a feedlot and a livestock research laboratory. A dormitory for researchers and a wet lab are planned additions. The dry land, irrigated land and livestock systems in one location will allow insights into how best to use resources.

Crisis Support and Helplines

Service	Agency, Location and Contact Information	Hours and other information
<i>Mental Health Crisis Lines</i>	<i>Mental Health Crisis Lines</i>	<i>24 hours a day, 7 days a week unless otherwise noted.</i>
Suicide Prevention	Cheyenne VA Medical Center 3219 East Pershing Blvd Cheyenne, WY 82001 800-273-8255 http://www.suicidepreventionlifeline.org/	Works directly with veterans and the National Suicide Prevention Lifeline. Coordinator works with mental health care teams to monitor and support veterans at high risk for suicide, develop safety plans and support systems.
Substance Abuse and Mental Health Services Administration Distress Helpline	Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.	Toll-free, multilingual and confidential crisis support service available to all residents.
Crisis Text Line	Crisis Text Line PO Box 1144 New York, NY 10159 www.crisistextline.org/get-help-now https://www.facebook.com/crisistextline/	Text "Start" to 741-741. A trained crisis counselor responds via text. Response usually occurs within five minutes.
Suicide Crisis Resources	Grace For 2 Brothers Foundation 1607 Capitol Ave., Suite 426 Cheyenne, WY 82001 307-256-3344 http://www.gracefor2brothers.com	Referral and resource information to those in crisis, or for family members or friends of those who are in crisis.

National Suicide Prevention Hotline	1-800-273-8255	Provides free and confidential emotional support to people in suicidal crisis or emotional distress.
Crisis Response Incident Support and Intervention Services – Goshen County	Peak Wellness Center, Inc. 501 Albany Avenue Torrington, WY 82240 307-532-4091 https://www.peakwellnesscenter.org/ www.facebook.com/PeakWellnessCenterWyoming/	24 hour emergency services available 307-532-4091 8 a.m. – 11 p.m. Monday to Friday. Mobile Crisis Team is available to support community individuals who are experiencing a mental health crisis. Open access 8 a.m. – 7 p.m. Monday to Thursday, 8 a.m. – 5 p.m. Friday. Sliding fee.
24 Hour Domestic Violence Hotline	Self Help Center Inc. 918 East 2nd Street Casper, WY 82601 307-235-2814	Links domestic violence victims to an advocate who provides information and support to callers, refers victims to shelter and arranges or provides in-person support of victims at the hospital.
Veterans Crisis Line – National	United States Department of Veterans Affairs 2424 Pioneer Ave. Cheyenne, WY 82001 800-273-8255 http://www.veteranscrisisline.net	Connects veterans in crisis and their families and friends with Veterans Affairs responders through a confidential toll-free hotline, online chat, or text to receive confidential support.
24/7 Nurse Line - Wyhealth...Get Plugged In!	Wyoming Department of Health 255 North Russell Ave. Douglas, WY 82633 888-545-1710	Phone service providing expert health advice from a registered nurse. Offered at no cost to Wyoming Medicaid clients.

Disaster Services

Service	Agency, Location and Contact Information	Hours and other information
Disaster Services – Southern WY	American Red Cross of Wyoming 5500 Bishop Blvd. Cheyenne, WY 82001 307-638-8906 http://www.redcross.org/local/wyoming	8 a.m. – 4:30 p.m. Monday to Friday. 24 hours a day, 7 days a week for emergency disaster services such as house fires, flood, etc., and help with emergency disaster-related needs, financial assistance for rent/utility payment, and health/safety education classes.

Emergency Services

Service	Agency, Location and Contact Information	Hours and other information
Goshen County Emergency Management	Goshen County Emergency Management Shelly Kirchhefer 2125 East A St. Torrington, WY 82240 307-532-7039	8 a.m. – 5 p.m. Monday to Friday. County coordinator at the local government is the primary "first-provider" of emergency response services.
Emergency	911	Call 9-1-1 for help during life threatening emergencies.

Employment Assistance

Service	Agency, Location and Contact Information	Hours and other information
Workforce Center – Torrington	Wyoming Department of Workforce Services 1618 East M St. Torrington, WY 82240 307-532-4171 http://www.wyomingworkforce.org/	The Employment and Training Division helps to build a workforce to meet the changing demands of Wyoming's diverse businesses, residents and economy.

Financial Assistance

Service	Agency, Location and Contact Information	Hours and other information
Financial Assistance	The Salvation Army - Goshen County Extension Office 2510 West C St. Torrington, WY 82240 307-509-0377	
Social Security Administration - Cheyenne	Social Security Administration - Cheyenne 3001 East Pershing Boulevard, Suite 140 Cheyenne, WY 82001 866-336-7580 800-772-1213 http://www.SocialSecurity.gov	9 a.m. – 3:30 p.m. Monday to Friday. Administers retirement benefits, disability benefits, survivor and dependent benefits and Medicare offices in Casper, Cheyenne, Cody, Riverton, Rock Springs, and Sheridan.
Personal Opportunities with Employment Responsibilities (POWER)	Wyoming Department of Family Services (POWER) 1618 East M Street Torrington, WY 82240 307-532-2191 www.sites.google.com/a/wyo.gov/dfsweb/economic-assistance/power	8 a.m. – 5 p.m. Monday to Friday. Provides clients with temporary cash assistance which can be used to help the client meet monthly financial obligations such as rent, or personal needs.

Financial Counseling

Service	Agency, Location and Contact Information	Hours and other information
GreenPath Debt Solutions	GreenPath Debt Solutions 2232 Dell Range Blvd., Suite 316 Cheyenne, WY 82009 800-550-1961 http://www.greenpath.com	8 a.m. – 5 p.m. Monday to Friday, other times by appointment. Professional credit counselors to help clients to solve financial problems and achieve financial goals.
Foreclosure Prevention Counseling	Wyoming Housing Network, Inc. 2345 E. 2nd St. Casper, WY 82609 307-233-8511 http://www.whninc.org https://www.facebook.com/whninc/	8 a.m. – 5 p.m. Monday to Friday. Provides counseling and education about options, rights, financial capabilities and community referrals to any Wyoming homeowner at risk of foreclosure. Counselors are also able to assist with communication between the homeowner and mortgage servicers.

Food and Nutrition

Service	Agency, Location and Contact Information	Hours and other information
Congregate and Home -Delivered Meals – Yoder	Goshen County Senior Friendship Center 216 East 19 th Ave. Torrington, WY 82240 307-532-5525	Lunch served Monday to Friday at 11:45 a.m. for those 60 years of age and older. Meals provided for a suggested donation of \$3 and \$5 for a guest under 60. Can provide home-delivered meals. Reservations needed the day prior.
	Homestyle Direct 113 North Main Street Kimberly, ID 83341 866-735-0921 http://www.homestyledirect.com	Cooks, packages and ships nutritionally balanced meals in the United States. Licensed as a Wyoming Medicaid provider and by the Wyoming Department of Agriculture. No cost to Wyoming Medicaid clients on the meal waiver program.
Goshen County WIC Office	Wyoming Department of Health 2025 Campbell Dr. #2 Torrington, WY 307-532-5881 http://www.health.wyo.gov/familyhealth/wic/EligibilityGuidelines.html	8 a.m. – 5 p.m. Tuesday to Thursday (closed for lunch noon – 1 p.m.). Provides nutrition education, supplemental foods, information, counseling, and referrals for pregnant women, postpartum and breastfeeding women, infants, and children to age five.
Land of Goshen Ministries	Wyoming Food Bank of the Rockies 801 W. Valley Rd. Torrington, WY 307-532-3884	9 a.m. – 3 p.m. Tuesday to Friday. A federally and state funded program designed to distribute food commodities.

Food/Financial Assistance

Service	Agency, Location and Contact Information	Hours and other information
Supplemental Nutrition Assistance Program (SNAP)	Wyoming Department of Family Services 1618 East M St. Torrington, WY 307-532-2191 www.sites.google.com/a/wyo.gov/dfsweb/economic-assistance/snap	8 a.m. – 5 p.m. Monday to Friday. Provides assistance to low-income families to help meet nutritional food needs. Food is purchased using a SNAP card which works like a debit card and can be used at food retailers.
Financial Assistance	Goshen Help 2510 West C St. Torrington, WY 82240 307-509-0377 www.goshenhelp.com www.facebook.com/goshenhelp	9 a.m. – 5 p.m. Monday and Tuesday; 9 a.m. – 3 p.m. Wednesday and Thursday; 9 a.m. – 2 p.m. Friday. Provides emergency services, rent assistance, and utility assistance. Crisis services (hotel, fuel, etc..) available via Torrington Police Dispatch. Provides help with financial assistance, rent assistance, utility assistance and a mobile food pantry.
Care and Share	436 East 22nd St. Room 156 (Use Police Station entrance) Torrington, WY Phone: (307) 509-0377	Food and donated items once every three months Monday and Thursday 1:30 p.m. – 2:45 p.m. Must provide proof of residency and identification

Mobile Food Pantry	Goshen County Fair Grounds	(Every third Friday of the month.) Registration at 8 a.m. Distribution at 9 a.m. until food is gone or no one else in line. Must be a Goshen County resident and provide identification or pantry card each time.
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Hygiene/Personal Care

Service	Agency, Location and Contact Information	Hours and other information
Paper Pantry	Torrington United Methodist Church 2702 Main St. Torrington, WY 82240 307-532-2977 http://www.umc.org/find-a-church/church/74378 https://www.facebook.com/Torrington-United-Methodist-Church-120534787995607/	1 p.m. – 3 p.m. Tuesdays. Provides paper towels, feminine products, diapers, laundry soap, shampoo for individuals in need.

Insurance

Service	Agency, Location and Contact Information	Hours and other information
Insurance Assistance	Wyoming Insurance Department 307-777-7401 https://sites.google.com/a/wyo.gov/doi/consumers	Provides insurance assistance and complaints.

Law Enforcement

Service	Agency, Location and Contact Information	Hours and other information
Fort Laramie Police Department	Fort Laramie Police Department 319 N Laramie Ave. Fort Laramie, WY 82212 307-837-2711	
Lingle Police Department	Lingle Police Department 220 Main St. Lingle, WY 82223 307-532-7001 https://townoflingle.com/index.php/departments/police-dept	
Torrington Police Department	Torrington Police Department 436 East 22 nd Ave. Torrington, WY 82240 307-532-7001 https://torringtonpolice.org/ https://www.facebook.com/torringtonpolice	
Goshen County Sheriff's Office	Goshen County Sheriff's Office 2120 East B St. Torrington, WY 82240 307-532-4026	

Legal Services

Service	Agency, Location and Contact Information	Hours and other information
Legal Assistance	Domestic Violence Legal Assistance for Victims Project 20th and Garfield Laramie, WY 82070 307-766-3747	8 a.m. – 5 p.m. Monday to Friday. Statewide legal assistance for victims of domestic violence, stalking and sexual assault. Assistance with pro-se forms, protection orders, referral services.
Legal Self-Help Resources	Equal Justice Wyoming 2300 Capitol Avenue 1st Floor Cheyenne, WY 82002 www.legalhelp.wy.gov	Provides a wide range of self-help information and forms available as well as links to other useful legal resources. Answers to common legal questions, self-help forms and a calendar of legal aid events.
Civil Legal Services	Legal Aid of Wyoming, Inc. 1813 Carey Avenue Cheyenne, WY 82001 877-432-9955 www.lawyoming.org https://www.facebook.com/lawyoming	9 a.m. – 4 p.m. Monday to Friday. Legal Aid of Wyoming is a statewide, non-profit law firm which provides free civil legal assistance.
Legal Services	University of Wyoming Legal Services Program 20th and Garfield Laramie, WY 82070 307-766-6416	8 a.m. – 5 p.m. Monday to Friday. Legal representation referrals, help with forms, and limited representation and assistance with pro-se representation.
Legal Services – Protection and Advocacy System, Inc.	Wyoming Protection and Advocacy System, Inc. 7344 Stockman Street Cheyenne, WY 82009 307-632-3496 1-800-624-7648 http://www.wypanda.com/	8 a.m. – 5 p.m. Monday to Friday. Legal advocacy service for people with documented disabilities throughout Wyoming with civil rights issues.

Medicaid

Service	Agency, Location and Contact Information	Hours and other information
EqualityCare (Medicaid)	Wyoming Department of Health 255 North Russell Ave. Douglas, WY 82633 855-294-2127 http://www.wesystem.wyo.gov	EqualityCare helps pay for healthcare services for children, pregnant women, families with children, and individuals who are aged, blind or disabled who qualify based on citizenship, residency, family income, and sometimes resources and healthcare needs.

Medical and Mental Health Resources

Service	Agency, Location and Contact Information	Hours and other information
Ask a Nurse	Campbell County Memorial Hospital 501 South Burma Avenue Gillette, WY 82716 307-688-1111 http://www.ccmh.net/	24 hours a day, 7 days a week. Ask-A-Nurse is a free service provided by Campbell County Memorial Hospital. Talk to a registered nurse and get fast, reliable healthcare information.
Behavioral Health Services	Cheyenne Regional Medical Center 214 East 23rd Street Cheyenne, WY 82001 307-633-7370 http://crmcwy.org/services/index.aspx?id=1988	Inpatient services staffed 24 hours a day, 7 days a week. Outpatient services offered Monday to Friday 8 a.m. – 5 p.m. Offers inpatient and outpatient programs to assess patients' medical, psychological, biological and social needs.
Mental Health	Cheyenne VA Medical Center 3219 East Pershing Blvd Cheyenne, WY 82001 307-778-7349 888-483-9127	8 a.m. – 4:30 p.m. Monday to Friday. The mental health service provides consultation, evaluation, and treatment for a variety of issues that can impact emotional well-being.
Goshen County Public Health	Goshen County Public Health 2025 Campbell Dr. #1 Torrington, WY. 307-532-4069 http://www.health.wyo.gov/familyhealth/immunization/county_Goshen.html	8 a.m. – 5 p.m. Monday to Friday. Provides multiple services for residents throughout the community. Nurses are available to serve those of all ages.

Mental Health Counseling Resources

Service	Agency, Location and Contact Information	Hours and other information
Psychological First Aid	Campbell County Critical Incident Stress Management Team No physical address 307-686-7477	24 hours a day, 7 days a week. Responds to first responders who have experienced a traumatic situation in the line of duty.
Counseling	New Hope Counseling Wyoming 136 West 21 st Ave. Torrington, WY 82240 307-532-2119 https://newhopecounselingwy.wordpress.com	Counseling Services
Adult Counseling and Recovery Services – Goshen County	Peak Wellness Center, Inc. 501 Albany Avenue Torrington, WY 82240 307-532-4091 https://www.peakwellnesscenter.org/ www.facebook.com/PeakWellnessCenterWyoming/ https://www.peakwellnesscenter.org/	24 hour emergency services available 307-532-4091 8 a.m. – 11 p.m. Monday through Friday. Mobile Crisis Team is available to support community individuals who are experiencing a mental health crisis. Open access 8 a.m. – 7 p.m. Monday through Thursday, 8 a.m. – 5 p.m. Friday. Sliding fee.

Intensive Family Program	Self Help Center Inc. 918 East 2nd Street Casper, WY 82601 307-235-2814	Program's focus is to solidify the family unit to provide a safe environment for all family members.
Wyoming Behavioral Institute	Wyoming Behavioral Institute 2521 E 15 th St Casper, WY 82609 307-237-7444 800-457-9312 http://www.wbihelp.com	An 85-bed acute care psychiatric hospital in Casper providing inpatient care for children 4 and older, adolescents, adults and seniors.
Wyoming Department of Health	Wyoming Department of Health Behavioral Health Division 6101 Yellowstone Road, Suite 220 Cheyenne, WY 82002 307-777-7903	8 a.m. – 5 p.m. Monday to Friday. Can provide list of resources related to mental health and substance abuse centers in Wyoming.

Miscellaneous Services

Service	Agency, Location and Contact Information	Hours and other information
Emergency	911	24 hours a day, 7 days a week. Call 9-1-1 for help during life threatening emergencies.
Consumer Complaints	Better Business Bureau 970-484-1348 https://www.bbb.org/local-bbb/bbb-serving-northern-colorado-and-wyoming	8 a.m. – 4:30 p.m. Monday to Friday. Consumer Complaints about businesses.
Vital Records Services	Wyoming Department of Health 2300 Capitol Ave 307-777-7591 www.health.wyo.gov/admin/vitalstatistics/	8 a.m. – 4 p.m. Monday to Friday. Records of births, deaths, marriage, divorce, paternity and more. Issues certified copies of Wyoming birth certificates. Only able to issue certified copies of certificates for events that occurred in the state of Wyoming.
Drivers License – Torrington	Wyoming Department of Transportation 2948 W C St, Torrington, WY 82240 307-532-1270 http://www.dot.state.wy.us/driverservices	8 a.m. – 4:30 p.m. Monday, Tuesday, Thursday, Friday. Closed from noon to 1 p.m.
7-1-1 Wyoming Relay	Wyoming Department of Workforce Services 1618 East M St Torrington, WY http://www.wyomingrelay.com	24 hours a day, 7 days a week. Provides telephone access to individuals who are deaf, hard of hearing, deaf-blind, or speech-impaired.

School

Service	Agency, Location and Contact Information	Hours and other information
Goshen County School District #1	Goshen County School District #1 626 W. 25 th Ave. Torrington , WY 82240 307-532-2171	
Report School Safety Concerns Confidentially	Safe2Tell Wyoming 1-844-WYO-SAFE For inquiries contact the administrative office at 307-777-8787.	

State Services

Service	Agency, Location and Contact Information	Hours and other information
Agriculture Mediation	Wyoming Department of Agriculture 2219 Carey Ave. Cheyenne, WY 82001 307-777-7321 http://agriculture.wy.gov/	8 a.m. – 5 p.m. Monday to Friday. Provides mediation, facilitation and other alternative dispute resolution processes to Wyoming agriculture producers and other natural resource managers involved in a variety of disputes.

Tax Services

Service	Agency, Location and Contact Information	Hours and other information
Internal Revenue Service Taxpayer Advocate Service	Internal Revenue Service Taxpayer Advocate Service 5353 Yellowstone Road, 2nd Floor Cheyenne, WY 82009 844-545-5640 http://www.irs.gov	8 a.m. – 4:30 p.m. Monday to Friday. Assists taxpayers with ongoing tax problems and other collection issues when unable to resolve issues through normal channels. Assists taxpayers who are in extreme hardship situations or face immediate threat of adverse action.

Transportation

Service	Agency, Location and Contact Information	Hours and other information
Senior Transportation	Goshen County Senior Friendship Center 216 East 19 th Ave. Torrington, WY 82240 307-532-2796	7 a.m. – 5 p.m. Monday to Friday. Local transportation assistance for all individuals in Torrington for doctor appointments, general appointments, groceries and shopping.
Transportation	Pilots for Christ International – Wyoming Chapter PO Box 94 Gillette, WY 82717 307-622-7249 https://www.pilotsforchrist-wy.org/ https://www.facebook.com/pilotsforchristwyominechapter	Provides missions of mercy by air or ground transport patients, relatives, and supplies. Transports ministers to their mission field.
Medical Transportation Assistance	Wyoming Cares 341 East E Street Suite 125 Casper, WY 82601 307-237-7035 http://www.wyomingcares.org	9:30 a.m. – 4:30 p.m. Monday to Friday. Funding to support medical transportation needs for individuals throughout the state. Does not provide rides, the individual would need to find someone to transport them.

Utility Assistance

Service	Agency, Location and Contact Information	Hours and other information
Energy Share of Wyoming	Salvation Army PO Box 22646 Long Beach, CA 90801 http://www.energyshareofwyoming.org/	Assists people with energy problems when no other resources are available to them and when these problems are caused by circumstances beyond their control. If all other sources have been exhausted Energy Share may help individuals and families with a one-time expenditure of up to \$400 per household, after LIEAP. Contact local Salvation Army to receive a mailed application.
Low Income Energy Assistance Program (LIEAP)	Wyoming Department of Family Services 1618 East M St Torrington, WY 800-246-4221 http://dfsweb.wyo.gov/economic-assistance/lieap	8 a.m. – 5 p.m. Monday to Friday. Helps income qualified individuals and families pay for heating bills during October through May.
Telephone Assistance Program	Wyoming Department of Family Services 1618 East M St Torrington, WY 307-777-5846 www.sites.google.com/a/wyo.gov/dfsweb/economic-assistance/tap	8 a.m. – 5 p.m. Monday to Friday. TAP is a service provided by telephone companies to help people and families maintain a phone, landline, cable or cell phone. The program is open to anyone enrolled in SNAP, LIEAP, Medicaid or other social service programs. Your telephone company can tell you specifically how you can benefit.

Veteran Services

Service	Agency, Location and Contact Information	Hours and other information
Specialized Services for Veterans	Self Help Center Inc. 918 East 2nd Street Casper, WY 82601 307-235-2814	Provides services for the veteran population including: veteran's support group, re-education/anger management group, individual sessions and family sessions.
Financial Assistance – Veterans	The American Legion 2102 Main St, Torrington, WY 82240 307-532-2959 http://www.legion.org	Varies by location. Contact Wyoming 211 for up to date locations. The American Legion can assist veterans and service members with a one time only emergency financial assistance as funding permits.
Cheyenne VA Medical Center	Cheyenne VA Medical Center 2424 Pioneer Ave Cheyenne, WY 82001 307-778-7550 http://www.cheyenne.va.gov/index.asp	8 a.m. – 4:30 p.m. Monday to Friday. Emergency Services available 24 hours a day.
SSVF – Cheyenne	Volunteers of America Northern Rockies 104 South Walcott Street Suite 601 Casper, WY 82601 844-486-2838 http://www.voanr.org	8 a.m. – 5 p.m. Monday to Friday. Program provides eligible veteran families with outreach, case management, assistance obtaining VA benefits, and other supportive services and financial assistance.
Family Assistance Center – Southeast	Wyoming National Guard Family Assistance Center 307-286-9991 https://www.wyomilitary.wyo.gov/families-and-employers/family-programs/ https://www.facebook.com/wyoguard	Provides links for families, service members and veterans, Provides assistance for all service members. Information and referral services offered for crisis intervention, legal, financial resources, TRICARE, DEERS and community outreach.

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