



Safe Harbor, a children's justice center-a Child Advocacy Center
2712 Thomes Avenue, Cheyenne, WY 82001
(307) 632-1708-www.safeharborkids.org

Mental Health Providers Located in Cheyenne

Cheyenne Children's Clinic

2301 House Ave. #405
 Cheyenne, WY 82001
 (307) 635-7961

Area of Interest/Specialty

Child Adolescent Therapy
 (must be referred from one of the physicians at the clinic)
 Medication Management
 Evaluations

Type of Payment Accepted

Medicaid for Wyoming, Colorado, and Nebraska
 Most Insurance
 Cash
 Credit Card
 Check

Website

cheyenneregional.org/location/cheyenne-childrens-clinic-3/

Specialty Counseling

4025 Rawlins St.
 Cheyenne, WY 82001
 (307) 426-4798

Area of Interest/Specialty

Individual/ Family Therapy (therapists that specialize in various areas)
 Substance Abuse Evaluations
 Trauma Focused Therapy

Type of Payment Accepted

Medicaid
 Most Insurances
 Cash
 Credit Card
 Check

Website

specialtycounseling.com

Youth Alternatives

1328 Talbot Ct.
Cheyenne, WY 82001
(307) 637-6480

Area of Interest/Specialty

Child/Adolescent & Family Therapy
Group Therapy
Suicide Evaluations
Trauma Therapy

Type of Payment Accepted

Free of Charge

Website

youthalternatives.net

Behavioral Health Services

2600 E. 18th
Cheyenne, WY 82001
(307) 633-7370

Area of Interest/Specialty

Child/Adolescent & Family Therapy
Medication Management
Child Psychiatry
Trauma Focused Therapy
Parent-Child Interaction Therapy
Inpatient and Outpatient Programs

Type of Payment Accepted

Most insurance
Cash
Check
Credit Card

Website

cheyenneregional.org/services/behavioral-health/

Roger Ludwig MA LPC

2315 Dunn Ave.
Cheyenne, WY 82001
(307) 637-5004

Area of Interest/Specialty

Children & Adults
Trauma Resolution
Experience with children and adults
Eye Movement Desensitization & Reprocessing (EMDR)
Anxiety, Anger, Depression
Compulsion Addictions
Children & Teen Therapy
Couple Counseling

Type of Payment Accepted

Most Insurances
 Victims Compensation
 Employee Assistance Program
 Cash
 Check
 Card

Website

rogerludwig.com

Northern Star Counseling

821 W. Pershing Blvd.
 Cheyenne, WY 82001
 (307) 421-9329

Area of Interest/Specialty

Play Therapy
 Trauma Focused Therapy
 Medication Management (one provider gives medication management)
 Adult Services
 Youth Services
 Bullying
 Thoughts of Suicide
 Stress & Anxiety
 Depression
 Life Changes
 Family Issues
 Trauma

Types of Payment Accepted

Medicaid and KidCare CHIP
 Private Insurances
 Employee Assistance Program (one provider accepts EAP at this location)
 Private Pay
 Department of Family Services Contracts
 Cash
 Check
 Credit Card

Website

northernstarcounseling.com

Fleming Associates Psychological: Grant Fleming

1401 Airport Parkway Suit 200
 Cheyenne, WY 82001
 (307) 634-6883

Area of Interest/Specialty

Neuropsychological Testing
 Diagnostics
 Head Injury
 ADHD
 Geriatrics
 Learning Disabilities

Employment
 Behavioral Disorders
 Psych. Consulting
 Adult, Adolescent, Child, and Senior Adult Evaluations
Type of Payment Accepted
 Most Insurances
 Credit Card
 Cash
 Check
Website
flamingassociates.net

Hansen & Associates Inc

300 E. 17th St.
 Cheyenne, WY 82001
 (307) 631-9931
Area of Interest/Specialty
 Family Therapy
 Trauma Therapy
 Abuse/Neglect
 Suicidal Thoughts
 Eating Disorder
 Relationships
 Children Therapy
 Teen and Adolescence
 Depression and Anxiety
 Brain Spotting
Type of Payment Accepted
 Medicaid
 Tricare
 Most Insurances
 Cash
 Credit Card
 Check
Website
hansenandassociates.org

Liv Health

2500 Dell Range Blvd.
 Cheyenne, WY 82009
 (307) 630-4729
Area or Interest/Specialty
 Mental Health Services
 Medical Services
 Case Management
 Community Caregiving
 Mental Health Urgent Care
Child Specific
 Exposure Therapy

Cognitive Behavioral Therapy
 Dialectical Behavioral Therapy
 Interpersonal Therapy
 Reminiscence Therapy
 Skill Therapy
 Acceptance & Commitment Therapy
Types of Payment Accepted
 Medicaid
 Medicare
 Most Insurances
 Workers Compensation
 Sliding Fee Scale
Website
livhealth.org

Cornerstone Counseling: Brandon Dixon LCSW

299 Bent Ave.
 Cheyenne, WY 82001
 (307) 222-2309
Areas of Interest/Specialty
 Synergetic Play Therapy
 Parent-Child Interaction
 Trauma Focused Therapy
 Eye Movement Desensitization & Reprocessing
 Relaxation
 Mindfulness
 Bibliotherapy
 Art Therapy
 Rhythmic Movement
Types of Payment Accepted
 Self-Pay Arrangements
 Medicaid
 Medicare
 Tricare
 Blue Cross Blue Shield
 Some Employee Assistance Program
 Aetna
 Meritain
 United Healthcare (out-of-network)
 UMR (out-of-network)
 Cigna (out-of-network)
 Cash
 Check
 Card
Website
cornerstonewy.com

Capitol Counseling

1918 Thomes Ave.

Cheyenne, WY 82001

(307) 631-5574

Areas of Interest/Specialty

Mental Health

Pain Management

Substance Abuse Treatment

Child Specific

Trauma Assessments

Parent-Child Interaction and Reunification

(Specifics on website)

Types of Payment Accepted

Medicaid (only one counselor accepts)

Most Insurances

Cash

Check

Card

Website

capitolcounseling.net

Volunteers of America Northern Rockies

2526 Seymour Ave.

PO Box 1005

Cheyenne, WY 82001

(307) 634-9653

Areas of Interest/Specialty

Mental Health Services

Addiction Treatment

Counseling & Psychiatry Services

Individual Therapy

Group Therapy

Trauma Therapy

Psychosocial Rehabilitation

Types of Payment Accepted

Medicaid

Medicare

Blue Cross Blue Shield

Cigna

RR Medicare

TriWest

Win Health

Wyoming Medicaid

KidCare CHIP

Sliding Fee Scale

Cash

Check

Card

Website

voanr.org

Hope & Healing Counseling

1217 S. Greeley Hwy. Unit B
 Cheyenne, WY 82007
 (307) 202-4005

Areas of Interest/Specialty

Anxiety
 Autism
 Depression
 Complex Trauma
 Personality Disorders
 Mood Disorders
 Eating Disorders
 Couples Counseling
 Family Therapy
 Group Sessions
 Play Therapy

Types of Payment Accepted

Blue Cross Blue Shield
 Aetna
 Medicaid
 Cigna
 Tricare
 Employee Assistance Program
 DFS Contracts
 Self-Pay (\$100 per hour)

Website

hopeandhealingwyoming.com

Brain Advancement Center

1103 Old Town Ln. Suite 1
 Cheyenne, WY 82009
 (307) 426-4855

Areas of Interest/Specialty

Individual Counseling
 Couples Counseling
 Family Counseling
 Depression & Anxiety
 Trauma & PTSD (Post Traumatic Stress Disorder)
 Relationships
 Eye Movement Desensitization & Reprocessing (EMDR)
 Sand Tray Play Therapy
 High Fidelity Wraparound Services (for ages 4-20)
 Brain Mapping
 Neurofeedback
 Interactive Metronome (IM)
 HEMO-Encephalography (HEG)

Types of Payment Accepted

Blue Cross Blue Shield
 Cigna

Tricare
 Medicaid
 Optum Health
 United Health
 Aetna
 Cash
 Check
 Card
 Payment plans upon approval
 Self-Payment
 Sliding Fee Scale
 *Bundles and discounts offered/More information on website

Website

brainadvancementcenter.com

Better Life Counseling LLC

2909 Bent Ave. Suite 5
 Cheyenne, WY 82001
 (307) 630-4644

Areas of Interest/Specialty

Family Counseling
 Youth Counseling
 Adult Counseling
 Parenting Services
 Depression
 Stress & Anxiety
 Trauma
 Life Changes

Types of Payment Accepted

Most Major Insurances
 Cash (\$120 per hour without insurance)
 Card
 Check

Website

betterlife-counseling.com

Thrive Counseling Services LLC

3207 Sparks Rd. #200
 Cheyenne, WY 82001
 (307) 369-4710

Areas of Interest/Specialty

Individual Therapy
 Family Therapy
 Couple/Marital Therapy
 Group Therapy
 Empowering Youth (Ages 13-18)
 Building Blocks of Relationships (Ages 21 and older)
 Intellectual Disabilities Peer Group Support (Ages 21 and older)
 Self-Help Resources Online

Types of Payment Accepted

Most Insurances (except Tricare)
 Cash
 Card
 Check
 Sliding Fee Scale (based on income & supporting documentation is required)
 Payment Plans (negotiated per each individual)

Website

thrivecounselingservicescheyenne.com

Dr. Steve Newman is a member of Thrive counseling specializing in various areas

Steven Newman PsyD ABPP

3207 Sparks Rd. #200
 Cheyenne, WY 82001
 (307) 220-9099

Area of Interest/Specialty

Cognitive-Behavioral Therapy (CBT)
 Psychodynamic Psychotherapy
 Evaluations (Assessment of school-aged children/older adults,
 Developmental disability, IQ, ADHD, Psychological)
 Psychological Hypnosis
 Relationships

Type of Payment Accepted

Private Insurances
 Cash
 Check
 Credit Card

Website

drstevenewman.com

Cheyenne Child and Family Counseling Center, LLC

1807 Capitol Ave. Suite 109
 Cheyenne, WY 82001
 (307) 631-9213

Areas of Interest/Specialty

Individual Counseling
 Child Counseling
 Family Counseling
 Depression & Anxiety
 Attention Deficit Hyperactivity Disorder (ADHD)
 Autism Spectrum Disorder (ASD)
 Trauma & Post Traumatic Stress Disorder (PTSD)
 Oppositional Defiant Disorder (ODD)
 Play Therapy
 Eye Movement Desensitization and Reprocessing (EMDR)

Types of Payment Accepted

Blue Cross Blue Shield
 State of Wyoming Cigna
 Evernorth

Medicaid
 United Healthcare
 UMR
 Tricare
 Mountain Health Co-Op
 Self-Pay (\$150)
 Cash
 Card
 Check
 Payment Plan

Website

cheyennefcc.org

Through the Woods Wellness Center

623 W. 20th St.
 Cheyenne, WY 82001
 (307) 426-4622

Areas of Interest /Specialty

Mental Health Counseling (Individual, Family, Couple, & Child/Adolescent
 Counseling)
 Anxiety
 Depression & Mood Disruption
 Emotional Regulation
 Parenting & Co-Parenting Issues
 Trauma
 Life Transitions
 Greif & Loss
 Relationship Issues
 Mindfulness
 Dialectical Behavioral Therapy
 Gottman Therapy
 Play Therapy
 LGBTQI+ Therapy
 Eye Movement Desensitization and Reprocessing (EMDR)
 Cognitive Behavioral Therapy
 Solution Focused Therapy
 Yoga Classes

Types of Payment Accepted

Blue Cross Blue Shield
 CIGNA
 UMR
 First Choice Health
 VA Patient Centered Community Care
 Limited number of reduced rate slots available based on financial need

Website

through-the-woods.com

Hope's Beacon

2617 E. Lincolnway, Suite G

Cheyenne, WY 82001
(307) 514-1288

Areas of Interest/Specialty

Depression
Anxiety
Anger Management
Domestic Abuse
Family Conflict
Trauma & Post Traumatic Stress Disorder (PTSD)
Couples Counseling or Relationship Issues
Women's Issues
Suicidal Ideation
Self-Esteem
Child/Adolescent Behavioral Issues

Types of Payment Accepted

Aetna
Blue Cross Blue Shield
Cigna
Meritain
Medicare
Medicaid
Mountain Health CO-OP
Optum
Tricare
United Healthcare (UHC)
UMR
Victims Compensation
Sliding Fee Scale
Cash
Check
Most Cards

Website

hopesbeacon.com

Trauma & Beyond-Wellness Center, LLC

2710 Thomes Ave.
Cheyenne, WY 82001

Areas of Interest/Specialty

Individual Therapy
Eye Movement Desensitization and Reprocessing (EMDR)
Group Therapy
Massage Therapy
Trauma Related Disorders
Dissociative Disorders
Depression
Anxiety Related Issues
Somatic Complaints
Attachment Related Issues
Self-Harm

Eating Disorders
 Relationship Issues
 Self-Esteem Issues
 Teen Issues
 LGBTQ+

Types of Payment Accepted

Aetna
 Blue Cross Blue Shield
 Cigna
 Medicaid
 Tricare
 Optum
 United Healthcare (UHC)
 UMR
 Sliding Fee Scale
 Self-Pay

Website

traumawellnesscenter.org

Touchstone Family Wellness Center

721 E. Lincolnway
 Cheyenne, WY 82001
 (307) 220-0485

Areas of Interest/Specialty

Relationships
 Trauma & Post Traumatic Stress Disorder (PTSD)
 Depression & Anxiety

Website

touchstonefwc.org

Lifesong Counseling

1520 Logan Ave.
 Cheyenne, WY 82001
 (970) 817-3426

Areas of Interest/Specialty

Adult & Geriatric Counseling
 Child & Youth Counseling
 Family Counseling
 Relationship Counseling
 Telehealth Video Counseling
 Post Traumatic Stress Disorder
 Dissociative Behaviors
 Borderline Personality Disorder
 Depression
 Anxiety
 Phobias
 Greif/Loss
 Relationship Issues
 Eye Movement Desensitization and Reprocessing

Dialectal Behavioral Therapy
 Cognitive Behavioral Therapy
 Humanistic Therapy
 Somatic Therapy

Website

lifesong-counseling.com

Finding Peace Counseling

520 E. 18th St.
 Cheyenne, WY 82001
 (307) 939-2620

Areas of Interest/Specialty

Adult Therapy
 Adolescent Therapy
 Child Therapy
 Couples Therapy
 Cognitive Behavioral Therapy
 Dialectal Behavioral Therapy
 Client Centered Therapy
 Play Therapy
 Mindfulness
 Christian Counseling
 Systems Theory
 Behavioral Therapy
 Self-harm
 Suicidal Ideation
 Depression
 Anxiety
 Adjustment Disorders
 Life changes
 Divorce
 Death
 Loss
 Adoption
 Couples
 Adults
 Children
 Adolescents
 Self-esteem
 Autism Spectrum

Types of Payment Accepted

Blue Cross Blue Shield
 Medicaid
 Tricare
 Aetna
 Cigna
 Employee Assistance Program
 UMR

Website

findingpeacewy.com

Lisa Wallace Counseling

1807 Capitol Ave. Suite 101A
Cheyenne, WY 82001
(307) 630-7875

Areas of Interest/Specialty

Adult Counseling
Teen Counseling
Child Counseling
Family Counseling
Couples Counseling
Depression
Anger
Anxiety/Worry
Divorce
Blended Families
Conflict Resolution
Behavioral Problems
Parent-Child Conflict
Marital Conflict
Grief & Loss
Adoption
Abuse
Parenting
Sexuality
Communication

Types of Payment Accepted

Medicaid
Tricare
Cigna
Optum
UBH
Beacon Health
Value Options
KP (2018)
Some Employee Assistance Program
Various Other Insurances

Website

wallacecounseling.com

Cheyenne Counseling, LLC

2315 Dunn Ave. Suite 6
Cheyenne, WY 82001
(307) 631-2369

Areas of Interest/Specialty

Individual Therapy
Family Therapy
Anxiety

Depression
 Maternal Mental Health
 Life Transitions
 Stress Management
 Greif & Loss

Website

cheyennecounseling.com

University of Wyoming Family Medicine

820 E. 17th St.
 Cheyenne, WY 82001
 (307) 632-2434

Areas of Interest/Specialty

Primary Care
 Obstetrics
 Pediatrics
 Women's Health
 Adult Wellness
 Chronic Disease Management
 Immunizations
 General Surgery
 Geriatrics
 Osteopathic Manipulation
 Sports Medicine
 Bilingual Services
 In Hospital Care
 On-Site Radiology & Lab
 Care Coordination

Types of Payment Accepted

Most Major Insurances
 *No out of state insurance except Colorado & Nebraska Medicaid
 PPO
 Payment Plans
 Sliding Fee Scale based on family size & income
 Cash
 Card (except American Express)
 Check

Website

uwyo.edu/uw-fam-cheyenne/index.html

Halcyon Counseling & Wellness, LLC

2622 Pioneer Ave.
 Cheyenne, WY 82001
 (307) 278-5564

Areas of Interest/Specialty

Individual Counseling
 Marriage & Family Counseling
 Psychotherapy
 Eye Movement Desensitization & Reprocessing
 Evox Perception Reframing

Vinyasa Flow Yoga
Types of Payment Accepted
 1st Choice of the Midwest
 Aetna
 Blue Cross Blue Shield
 Cigna
 First Choice Health
 Optum
 Tricare
 UMR
 United Healthcare
 VA Patient Centered Community Care
 Cash
 Card (Including HAS/FSA)
 Check

Website

hcwellnessgroup.com

Living Positively on Purpose: Counseling & Life Coaching-Debbie Cockreham

601 Randall Ave.
 Cheyenne, WY 82001
 (307) 287-7847

Areas of Interest/Specialty

Child Counseling & Therapy
 Sand Tray
 Non-directive & Directive Play Therapy
 Art Therapy
 Drama Therapy
 Therapeutic Games
 - *Area of Focus*
 Anger Management
 Greif & Loss
 Divorce
 Abandonment
 Crisis & Trauma
 Behavioral Disorders (ADHD, Autism, Academic & Social Development
 Problems, & Conduct Disorders
 Adolescent Individual Therapy
 ADHD
 Academic Problems
 Anger
 Defiance
 Depression
 Greif
 Identity Confusion
 Life Transitions
 Self-Harm
 Teen Cutting
 Adult Individual Therapy

Life Transitions & Adjustments
 Family Challenges
 Job Stress
 Anger Management
 Anxiety
 Depression
 Greif & Loss
 Relationships
 Christian Faith-Based Counseling
 Life Coaching

Website

livingpositivelyonpurpose.com

Yana Counseling

1603 Capitol Ave. Suite 205
 Cheyenne, WY 82001
 (307) 509-0538

Areas of Interest/Specialty

Child Counseling
 Adolescent Counseling
 Adult Counseling
 Family Counseling
 Christian Counseling
 Dialectal Behavioral Therapy
 Anxiety
 Eating Disorders
 Greif
 Divorce
 Depression
 Life Transitions
 LGBTQ Issues
 Trauma

Website

lindsaysimineo.com/counselingservices

Speak Life Counseling

1816 E. 17th St.
 Cheyenne, WY 82001
 (307) 426-4204

Areas of Interest/Specialty

Faith Based Counseling
 Individual Counseling
 Couples Counseling
 Premarital Counseling
 Children/Teen Counseling
 Supportive Therapy
 Solution-Focused Therapy
 Psychotherapy
 Family Therapy

Behavioral Therapy
 Person-Centered Therapy
 Cognitive Therapy
 Narrative Therapy
 Emotionally-Focused Therapy
Types of Payment Accepted
 Blue Cross Blue Shield (In-Network)
 Meritain Health (In-Network)
 Medicaid (In-Network)
 Cigna (Out-of-Network)
 United Healthcare (Out-of-Network)
 UMR (Out-of-Network)
 Cash
 Check
 Card
 Hardship Discount Program
 Payment Plan (negotiated per individual)
Website
speaklife.family

Breakthrough Counseling & Coaching

1616 E. 19th St. Suite 1
 Cheyenne, WY 82001
 (307) 514-2781
Areas of Interest/Specialty
 Counseling
 Trauma Therapy
 Marriage/Couples
 Adolescents
 Family Therapy
 Group Therapy
 Parenting
 Coaching
 Communication Coaching
 Conflict Coaching
 Empowerment Coaching
 Conflict Management
 Divorce Conflict
 Business Conflict
 *Experience working with military families
Website
breakthroughccm.com

Jerry Post and Associates

1401 Airport Pkwy. Suite 120
 Cheyenne, WY 82001
 (307) 632-7771
Areas of Interest/Specialty
 Psychological Evaluation

Clinical Psychology
 Occupational Psychology
 Neuropsychology
 *Please see website for specifics in these areas

Website

postwyo.com

Smith Psychological Services

1401 Airport Pkwy. Suite 240
 Cheyenne, WY 82001
 (307) 632-7771

Areas of Interest/Specialty

Psychological Assessments

Therapy

First Responders

Assessments

- Pre-Employment Evaluations
- Fitness for Duty Evaluations
- Return to Duty Evaluations

Training

- Emotional Wellness
- Trauma
- Families in Law Enforcement
- Just World Brief
- Moral Injury
- The Cycle of Anxiety
- Sleep Hygiene
- Diversity
- Burnout
- Compassion Fatigue
- Mindfulness
- Interacting with the Mentality III
- Peer Support
- Critical Incident Stress Management (CISM)

General Assessments

Developmental Disabilities Waiver Evaluation
 Compensation & Pension Evaluations for Veterans
 Social Security Disability Psychological Evaluations
 Psychological Evaluation for the Department of Vocational
 Rehabilitation
 General Diagnostic Assessment
 Neuropsychological Assessments
 Spinal Cord Stimulator
 Attention-Deficit/Hyperactivity Disorder Assessment
 Dementia/Alzheimer's
 Traumatic Brain Injury
 Psychoeducational
 Bariatric Clearances

Forensic
Parental Capacity Evaluations

Types of Payment Accepted

Medicare
Medicaid
Blue Cross Blue Shield
Cigna
Humana
Railroad Medicare
Tricare

Website

smithpsychologicalservices.com

Online or In-Person Therapy & Counseling

Thriveworks Counseling

2232 Dell Range Blvd. Suite 312
Cheyenne, WY 82009
(307) 317-0782

Areas of Interest/Specialty

Individual Therapy
Child Therapy
Family Therapy
Couples Therapy
Marriage Counseling

*Please see website for extensive list on areas of focus

Types of Payment Accepted

Aetna
Optum
United Healthcare
Blue Cross Blue Shield
Beacon Health
Cigna
Tricare West
Humana
Medicare
Tufts Health Plan
Others specific to provider
Self-Pay
Card
Check
Payment Plans (per each individual)

Website

thriveworks.com/cheyenne-counseling/?utm_source=GMBListing&utm_medium=organic&field:8499441=GMB

Online Therapy & Counseling

Teladoc Mental Health Services

Areas of Interest/Specialty

Anxiety
Stress
Depression
Relationship Conflict
Marriage and Couples Counseling
Trauma
PTSD (Post Traumatic Stress Disorder)
Mood Swings
Medication Management (Psychiatry Only)

Types of Payment accepted

Most Major Insurances (prices vary based on insurance coverage)
Flat Fee without insurance

Website

teladoc.com/ways-we-help/mental-health/

Talkspace Online Therapy

Areas of Interest/Specialty

Individual Therapy
Couples Therapy
Teen Therapy
Psychiatry (Medication Management)
Depression
Anxiety
Stress
Relationships
Trauma
Grief
Anger
Sleep
Chronic Illness
Productivity

Types of Payment Accepted

Some Insurance
Employee Assistance Program

Website

talkspace.com