Welcome back to Laramie and the University of Wyoming campus. The University of Wyoming is committed to our staff, faculty and student workers, and the citizens of the regions where we teach, learn, and work. In addition to the State of Wyoming, Albany County and local resources document, this guide will help you navigate the many resources provided by the University of Wyoming. This list is not meant to be all inclusive of every resource available. Please reach out directly to the resources listed to get more information about the services they provide.

Resources for Student Employees

**UW Campus Food Pantry:**
- UW offers an on-campus food pantry available to students 24/7.
- Currently it is located in the southeast foyer of the Union.

**Student Health:**
- (307) 766-2130
- Hours:
  - Monday, Tuesday, Wednesday and Friday: 8am - 5pm
  - Thursdays: 9am - 5pm

**Counseling Center:**
- Phone: 307-766-2187; After Hours: 307-766-8989
- The UW Counseling Center offers counseling services for all UW students free of charge.
- Tele mental health options and crisis intervention will be available with limited in person services this fall.
- Group services will be available online
- Resources for coping with COVID-19 stress

**Dining/Retail Dining:**
- Washakie will only be available to students living on campus, commuter meals will not be offered.
- Retail dining establishments will be open with social distancing protocols.
- To limit the use of cash try to put money on your WyoOne card.

**Half Acre:**
- They will be open this fall
- Protocols have not been decided
- Online fitness classes can be found on their YouTube page:
  [https://www.youtube.com/channel/UCdXusaiw8UJot_CXbHRSJg](https://www.youtube.com/channel/UCdXusaiw8UJot_CXbHRSJg)

**Wellness Center:**
- Stress Reduction Workshops available via Zoom:
- More resources can be found here:
  [https://uwyo.campuswell.com/](https://uwyo.campuswell.com/)

(307) 766-2683
mailto:Covid19@uwyo.e
uwyo.edu/covid19
Resources for Benefited Employees

Cigna and Insurance coverage:
- Cigna will fully cover any COVID-19 tests
- Wyoming Health Fair is offering COVID-19 anti-body tests for $75 that can be fully reimbursed

Half Acre:
- They will be open this fall
- Protocols have not been decided
- Online fitness classes can be found on their YouTube page: https://www.youtube.com/channel/UCdXusa iw8UlUot_CXbHRSJg

Wellness Center:
- Stress Reduction Workshops available via Zoom
- More resources can be found here: https://uwyo.campuswell.com/

Employee Assistance Program:
- Counseling: up to six sessions of counseling for employees and their household members
- Financial: Employees and their household members can receive 30 minutes of financial consultations
- Legal: Employees and their household members can receive 30 minutes of legal consultations free and a 25% rate reduction for any additional time.
- Information for how to access these services can be found here: http://www.uwyo.edu/hr/employee-benefits/employee-assistance-program/index.html or by calling 1-800-873-7138

Retail Dining:
- Retail dining establishments across campus will be open with social distancing protocols
- To reduce the usage of cash, it is encouraged for customers to use cards or put money on their WyoOne IDs. Employees can elect for money to be deducted from their paychecks and into their WyoOne account.