Wyoming & Albany County Resources

Welcome back to Laramie and the University of Wyoming campus. The University of Wyoming is committed to each UW community member: staff, faculty, students, and the citizens of the regions where we teach, learn, and work. In addition to the multiple resources on our campus, this guide will help you navigate the many resources provided by the State of Wyoming, Albany County, as well as local resources. This list is not meant to be all inclusive of every resource available in your area. Please reach out to resources listed to get more information about the services they provide.

COVID-19 Testing Locations

- Ivinson Memorial Hospital
  255 N 30th St, Laramie, WY 82072
  307-742-2141
- Grand Avenue Urgent Care
  3236 Grand Ave D, Laramie, WY 82070
  307-760-8602
- Stitches Acute Care Center
  3810 Grand Ave, Laramie, WY 82070
  307-721-1794

If you or someone you know is experiencing a mental health emergency or crisis, help is available.

Call 911 or contact the Albany County 24-hour emergency access line at 307-745-8915

The National Suicide Prevention Hotline is also available 24 hours a day, 7 days a week for free and confidential support at 1-800-273-8255

RESOURCES INCLUDED:

- COVID-19 Testing Locations
- General/ Community Medical Facilities
- Mental Health Resources
- Grocery Store & Pharmacy Information
- Food Assistance programs & locations
- Parks & Rec Information
- Game & Fish and Outdoor resources
- Other Resources
Helpful Websites:

- Centers for Disease Control and Prevention
- Wyoming Department of Health
- City of Laramie
  [https://www.cityoflaramie.org/1109/COVID-19-Information](https://www.cityoflaramie.org/1109/COVID-19-Information)

Medical Services Tips:

If you have a medical emergency call 9-1-1

- Notify dispatchers that you may have been exposed
- Wear a facemask or cloth face covering before emergency services arrive

For visiting a medical facility:

- Call ahead
- Many routine care visits can be done via phone or telemedicine
- If you have been exposed, let the facility know so that they can protect themselves and other patients
- Always wear a mask into any medical facility

Did you know that if you need assistance finding food, paying housing bills, accessing free childcare, or other essential services, you can call, text, or email Wyoming 2-1-1

Wyoming & Albany County Health

Wyoming Department of Health
401 Hathaway Building
Cheyenne, WY 82002
Phone: 307-777-7656
Fax: 307-777-7439
Website: health.wyo.gov

Albany County Public Health
609 S 2nd St
Laramie, WY 82072
Phone: 307-721-2561
Fax: 307-721-2565
Website: publichealthlaramie.org

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Local Grocery Stores

- Safeway
  554 N 3rd St, Laramie, WY 82072
  307-721-5107
  Delivery via instacart.com

- Walmart
  4308 Grand Ave, Laramie, WY 82070
  307-745-6100
  Delivery, in store pick-up, and curbside via walmart.com

- Ridley’s Family Markets
  3112 Grand Ave, Laramie, WY 82070
  307-742-8146
  Delivery & curbside via shopridleys.com/athome

- Big Hollow Food Co-Op
  112 S 2nd St, Laramie, WY 82072
  307-745-3586
  Delivery & curbside pick-up by calling store

- Butcher Block
  1968 Snowy Range Rd, Laramie, WY 82070
  307-745-4534
  Curbside pick-up by calling ahead

- 307 Meats
  3745 Cherrywood, E St, Laramie, WY 82070
  307-343-9001

Local Pharmacies

- Pole Mountain Pharmacy
  310 Harney St, Laramie, WY 82072
  307-460-4080
  Delivery & curbside - call store

- Safeway Pharmacy
  554 N 3rd, Laramie, WY 82072
  307-745-4224
  Delivery via doordash.com

- Walgreens Pharmacy
  4005 Grand Ave, Laramie, WY 82070
  307-745-1557
  Drive thru pick up and delivery

- Walmart Pharmacy
  4308 Grand Ave, Laramie, WY 82072
  307-745-6112
  Curbside pick-up and FedEx mail out - call store

- Ridley’s Pharmacy
  3112 Grand Ave Laramie, WY 82070
  307-745-7246
Local Mental Health Resources

If you are in need of mental health services, below is a list to get you started:

- The Clinic for Mental Health & Wellness
  502 S 4th St, Laramie, WY 82072
  307-755-1000

- Ivinson Memorial Hospital: Behavioral Health Services
  255 N 30th, Laramie, WY 82070
  307-742-0285

- Peak Wellness Center
  1263 N 15th St, Laramie, WY 82070
  307-745-8915

- Pathways
  1575 N 4th St #103, Laramie, WY 82072
  307-721-0700

- Seasons Psychiatric Clinic
  311 S 2nd St, Laramie, WY 82070
  307-755-6463

Local Medical Resources

In addition to the testing locations on page 1, other medical facilities in Laramie include:

- Downtown Clinic
  611 S 2nd St, Laramie, WY 82072
  307-745-8445

- Laramie Physicians for Women & Children
  2710 Harney St, Laramie, WY 82070
  307-745-8991

- Family Care Clinic
  504 E Lyons St, Laramie, WY 82070
  307-745-0085

- Snowy Range Health Center
  2523 E Garfield St B, Laramie, WY 82072
  307-460-9888

- Telehealth Outreach Clinic
  112 S 5th St, Laramie, WY 82070
  307-745-8010

- Laramie Reproductive Health
  1252 N 22nd St, Suite A, Laramie, WY 82070
  307-745-5364

- Family Physicians of Laramie
  2710 E Harney St #202, Laramie, WY 82070
  307-745-3242

- Emergency Physicians of Laramie
  3908 E Grand Ave #201, Laramie, WY 82070
  307-742-2141
Local Food Pantries & Assistance

- Feeding Laramie Valley
  968 N 9th St, Laramie, WY 82072
  307-223-4399
  Learn more at feedinglaramievalley.org

- Interfaith Good Samaritan
  712 Canby St, Laramie, WY 82070
  307-742-4240
  Learn more at laramieinterfaith.org

- Laramie Soup Kitchen
  104 S 4th St, Laramie, WY 82070
  307-460-1606
  Learn more at laramiesoupkitchen.org

- Eppson Center for Seniors (60+)
  1560 N 3rd St, Laramie, WY 82072
  307-745-5116
  Learn more at eppsoncenter.org

- Albany County WIC Program
  602 S 2nd St, Laramie, WY 82070
  307-721-2535

Laramie Parks & Recreation

This is a general overview of changes for 2020:

- Face covering required in Rec Center facility
- Some work out times will be 'face covering optional' at the Rec Center Facility
- Wading Pool capacity - 11 people
- Undine Park Splashpad capacity - 49 people
- Indoor/Outdoor leisure pool capacity - 44 people combined
- Reservations are being accepted for the Rec Center pools only
- A temperature check station will be at the front door of the Rec Center
- No annual August Closure at the Rec Center this year!
- For more information please visit: cityoflaramie.org/96/parks-recreation

Contacts at the City of Laramie

Main Number: 307-721-5200
Non-Emergent Dispatch: 307-721-2526
Utilities: 307-721-5280
Rec Center: 307-721-2161
Ice & Event Center: 307-721-2161
Animal Control: 307-721-5385
Website: cityoflaramie.org