

MENTAL HEALTH SERVICES



Peak Wellness Center offers extensive, proven, affordable mental health services—all completely confidential—to help people effectively manage challenges including anxiety, depression, schizophrenia and bipolar disorder.



WHAT YOU CAN EXPECT

We customize a treatment plan for each person. It might include a combination of counseling, medications, help at home or at work, mediation, dietary changes—we really look at the big picture.

AFFORDABLE FOR EVERYONE

Our sliding fee scale makes it possible for anyone in our community to afford Peak's top-quality mental health care services. We also accept Medicare, Medicaid and most insurance to make sure you get the care you need.

GETTING STARTED IS EASY

Contact us today. We will first talk with you—and listen—to understand what's going on in your life, body and mind. Then together we will come up with a treatment plan that works for you and your unique situation.

We help you heal your mind and body, manage your life and restore your spirit.

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Psychiatric care

We have decades of experience in advanced care, and our psychiatrists stay current on new research and the most effective treatments and approaches.

Counseling

Peak's totally confidential counseling services help you understand yourself and other people, know your strengths and weaknesses, learn new ways to handle things effectively, and take action to improve your life.

Treating trauma

Our highly specialized counselors help people recover from witnessing or experiencing violence, assault, crime, catastrophic loss, major accidents or other traumatic events.

Case management

Our team proactively coordinates your care, arranges support for day-to-day living and provides backup in crisis situations.

Support for families

We support your whole family, offering education about mental health treatment, individual and family counseling and financial assistance. We can even help arrange transportation to appointments at Peak.

Support groups

Our therapist-led support groups provide a safe, welcoming, confidential place to talk, learn from others, and build a supportive network of peers who understand what you're going through.

myStrength

This free online tool for our clients, helps people significantly improve symptoms of stress, anxiety and depression.



Suicide Prevention: If you or a friend needs immediate help, please call 911 or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

LARAMIE COUNTY

Cheyenne

307.634.9653

YOUTH & FAMILY

Cheyenne

307.632.9362

ADULT PSYCHIATRY

Cheyenne

307.637.3953

ALBANY COUNTY

Laramie

307.745.8915

GOSHEN COUNTY

Torrington

307.532.4091

PLATTE COUNTY

Wheatland

307.322.3190

PeakWellnessCenter.org