

### How We Can Help:

- **QPR Training:** Question-Persuade-Refer is a 2.5-hour training that teaches three simple steps anyone can learn to save a life from suicide. Those trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.
- **Harm Reduction Training:** is a 3-hour course of practical strategies that reduce the negative consequences of drug use. It incorporates a spectrum of strategies from safer use, to managed use, to abstinence. Participants will learn the essentials of harm reduction best practices and identify case examples of harm reduction strategies in medical and behavioral health settings.
- **Adult Mental Health First Aid Training:** Adult MHFA is 8-hour skills-based training course that teaches participants about mental health and substance use issues. After taking this course, individuals should have a better understanding of how to identify, understand, and respond to signs of distress. Mental Health First Aid is an internationally recognized, evidence-based training.
- **ASIST Training:** Applied Suicide Intervention Skills Training is a two-day interactive workshop in suicide first aid that teaches participants to recognize when someone may be having suicidal thoughts and how to work with that person to create a plan that supports their immediate safety.
- **Hour of Grace:** (A Grief Support Group) Our goal is to give those that are left behind following a suicide a place where they can be comfortable expressing themselves, receive support, resources, and hope in a judgement-free environment. Follow us on social media for meeting times and places.
- **Stronger Together:** (A Peer Support Group) This group offers a safe, non-judgmental place for people to talk about the feelings that led them to attempt suicide, have thoughts of suicide, and for those struggling with mental health concerns. To lessen the risk factors that surround suicide and mental health, we discuss coping skills, resources, and information to offer hope in a time of need.
- **Caregivers Grace:** (A Peer Support Group) This group gathers to support and encourage one another as caregivers to those with mental health concerns and thoughts/attempts of suicide. Trainings are provided along with coping skills and resources.

# Community Resource Guide

## Albany County



## **GRACE FOR 2 BROTHERS FOUNDATION**

**Suicide Prevention through Awareness and Education**

### Who We Are:

Our primary mission is suicide prevention through awareness and education. We also help through grief support groups and peer specialist facilitated activities. Founded in 2010, Grace for 2 Brothers Foundation provides resources, information, training, support and assistance to communities across the state.

## National Resources

- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** text “WYO” to 741 741
- **Deaf or hard of hearing:** 1-800-799-4889
- **Español:** 1-888-628-9454
- **Trevor Lifeline** (LGBTQIA+): 1-866-488-7836, <https://www.thetrevorproject.org> or text START to 678 678
- **Domestic Violence Hotline:** 1-800-799-SAFE (7233)

## Local Resources

- **State Division of Victims Services:** 307-777-7200
- **VA:** (Vets only) Mental health education programs, survivor’s benefits, etc.: 307-778-7550 or 1-888-483-9127
- **Combat Vets:** (VET Center) Mental health, family, and trauma counseling: 307- 778-7370
- **Safe 2 Tell:** 1-844-996-7233, 320 West 25th St., Cheyenne WY, 82001, [www.safe2tellwy.org](http://www.safe2tellwy.org)
- **Laramie Police Department:** 307-721-3547, Laramie Police Department: 620 Plaza Court Laramie, WY 82070
- **Albany County Sheriff's Office:** 307-755-3520, 525 Grand Avenue Suite 101 Laramie, WY 82070

## Health Resources

- **Albany County Public Health:** 307-721-2561, 609 South 2nd Street Laramie, WY 82070
- **Albany Community Health Clinic:** 307-766-3313, 920 East Sheridan Street Laramie, WY 82070
- **Downtown Clinic- Albany County:** 307-745-8445, 611 South 2nd Street Laramie, WY 82070
- **Cathedral Home for Children:** 307-742-3302, 515 South 5th Street Laramie, WY 82070
- **AWARE Program/University Counseling Center:** 307-766-2187, 1000 East University Avenue 341 Knight Hall, Department 3708 Laramie, WY 82071
- **The Clinic for Mental Health Wellness:** 307-755-1000, 502 South 4th Street Laramie, WY 82070

## Health Resources Cont.

- **Volunteers of America Laramie:** 307-632-9362, 1263 North 15th Street Laramie, WY 82072
- **LaramieCares Foundation:** 307-977-7777, 1721 Mitchell Street, Laramie, WY 82072
- **Pathways:** 307-721-0700, 1575 North 4th Street Suite 103 Laramie, WY 82072
- **Edlund Counseling:** 307-363-0123, No Physical Location

## Shelter/Housing

- **Safehouse:** 307-634-8655, 24-hour Line: (307) 637-7233
- **Laramie Youth Crisis Center:** 307-742-5936, 960 North 5th Street Laramie, WY 82072
- **Albany County SAFE Project:** 307-742-7273, Call for physical address Laramie, WY 82070
- **United Way of Albany County:** 307-745-8643, 710 E. Garfield St. Suite 240, Laramie, WY

## Food

- **Laramie Soup Kitchen:** 307-460-1605, Located in the lower-level of St. Matthew's Episcopal Cathedral, 104 S 4th St., Suite 101 Laramie, WY 82070, Email: [Info@LaramieSoupKitchen.org](mailto:Info@LaramieSoupKitchen.org)
- **Laramie Interfaith:** 307-742-4240, 712 East Canby Street Laramie, WY 82072
- **Feeding Laramie Valley:** 307-223-4399, 968 N. 9th Street, Laramie, Wyoming 82072



1603 Capitol Avenue, Suite 212  
Cheyenne, Wyoming 82001



Office Phone : 307-256-3344

Mobile : 307-477-8255



[Admin@graceFor2Brothers.org](mailto:Admin@graceFor2Brothers.org)



[www.GraceFor2Brothers.org](http://www.GraceFor2Brothers.org)



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