

### 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

## Fremont 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 Street, Cheyenne WY, 82001, [www.safe2tellwy.org](http://www.safe2tellwy.org)
- **Lander Police Dept:** 307-332-3131, 240 Lincoln Street Lander, WY, 82520
- **County Sheriff's Office:** 307-332-5611, 460 Railroad Street, Lander WY, 82520

## Health Resources

- **Northern Arapaho Meth/Suicide Prevention Initiative Program:** 307-840-3797, 17 Great Plains Road Arapahoe, WY 82510
- **Community Healing Gathering:** 307-856-0470, 24 Great Plains Road White Buffalo Recovery Arapahoe, WY 82510
- **Fremont Community Health Center:** 307-463-7160, 2002 West Sunset Drive, Suite 2 Riverton, WY 82501
- **Fremont Community Health Center - Dubois:** 307-455-2516, 5647 U.S. 26 PO Box 577 Dubois, WY 82513
- **Fremont County Public Health - Riverton:** 307-856-6979, 818 South Federal Boulevard Suite 700 Riverton, WY 82501
- **Fremont County Public Health - Lander:** 307-332-1073, 450 North 2nd Street Room 350 Lander, WY 82520
- **SageWest Lander:** 307-332-4420, 1320 Bishop Randall Drive Lander, WY 82520

## Health Resources

- **Hot Springs Health Shoshoni:** 307-876-0221, 702 East 2 Street Shoshoni, WY 82649
- **Riverton Community Outreach Clinic:** 866-338-2609, 2300 Rose Lane Riverton, WY 82501
- **Hot Springs Health Riverton:** 307-854-7501, 1001 West Main Street, Riverton, WY 82501

## Food

- **Riverton Community Food Bank:** 307-463-0141, 20 Gardens North Drive Riverton, WY 82501
- **Lander Care & Share Food Bank:** 307-332-7364, 281 Garfield Street Lander, WY 82520
- **Riverton Help Center:** 307-463-0799, 519 East Park Avenue Riverton, WY 82501
- **St. Thomas' Episcopal Church:** 307-455-2313, 5 South 1st Street Dubois, WY 82513
- **Warm Valley Baptist Church:** 307-857-7339, 204 East Euclid Avenue Pavilion, WY 82523

## Shelter/Housing

- **Lander Group Home for Girls, Riverton Group Home for Boys:** 307-856-2643, 11 Minter Lane Riverton, WY 82501
- **Eagles Hope Transitions:** 307-463-0322, 921 East Washington Avenue Riverton, WY 82501



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