

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

Goshen 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
- **Goshen County Sheriff's Office:** 307-532-4026, 2120 East B Street Torrington, WY 82240
- **Fort Laramie Police Department:** 307-837-2711, Bliss Street Fort Laramie, WY
- **Lingle Police Department:** 307-532-7001, 220 Main Street Lingle, WY 82223
- **Torrington Police Department:** 307-532-7001, 436 East 22nd Avenue Torrington, WY 82240

Health Resources

- **Volunteers of America Torrington:** 307-632-9362, 501 Albany Avenue Torrington, WY 82240
- **Torrington Community Hospital:** 307-532-4181, 2000 Campbell Drive Torrington, WY 82240
- **WYO Help:** 307-532-0269, 1933 Main Street #1 Torrington, WY 82240
- **New Hope Counseling - Torrington:** 307-532-2119, 136 West 21st Avenue Torrington, WY 82240
- **Banner Medical Clinic - Torrington:** 307-532-2107, 625 Albany Avenue Torrington, WY 82240

Health Resources cont.

- **Goshen County Public Health:** 307-532-4069, 2025 Campbell Drive, Suite 1, Torrington, WY 82240
- **Fisher Family Solutions, LLC:** 307-715-9000, Old US Hwy 85, Lingle, WY, 82223
- **Healing Connections Mental Health Therapy, LLC:** 307-338-8099, 1441 East M. Street, Suite A, Torrington, WY 82240
- **Wyoming winds counseling:** 307-575-8592, 100 East 27th Avenue, PO Box 788, Torrington, WY 82240

Shelter/Housing

- **Goshen County Task Force on Family Violence and Sexual Assault:** 307-532-2118, 1933 Main Street Torrington, WY 82240
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Food

- **WYO Help:** 307-532-0269, 1933 Main Street #1 Torrington, WY 82240
- **Land of Goshen Ministries:** 307-532-3884, 801 West Valley Road Torrington, WY 82240
- **Stacey Houk Family Resource Center:** 307-338-0996, 1757 West C Street Torrington, WY 82240



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