

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

Laramie 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
- **Cheyenne Police Dept:** (non-emergency): 307-637-6500, 145 West 18th Street, Cheyenne WY, 82001
- **Laramie County Sheriff’s Dept:** 307-633-4740, 1910 Pioneer Avenue, Cheyenne Wyoming, 82001

Health Resources

- **Crossroads Clinic:** 307-632-0864, 100 Central Avenue, Suite 100, Cheyenne Wyoming, 82007
- **CRMC Behavioral Health:** 307-633-7370, 2600 East 18th Street, Cheyenne WY, 82001
- **HealthWorks:** 307-635-3618, 2508 Fox Farm Road, Suite 2559, Cheyenne WY, 82007
- **LIV Health:** 307-630-4729, 2622 Pioneer Avenue, Cheyenne WY, 82001
- **Recover Wyoming:** 307-421-7261, 122 West Lincolnway, Cheyenne WY, 82001
- **Youth Alternatives:** 307-637-6480, 1328 Talbot Court, Cheyenne WY, 82001
- **Volunteers of America Cheyenne:** 866-438-2862, 510 West 29th Street, Cheyenne WY, 82001
- **Northern Star Counseling:** 307-421-9329, 821 West Pershing Boulevard, Cheyenne WY, 82001

Shelter/Housing

- **Safehouse:** 307-634-8655, 24-hour Line: (307) 637-7233
- **COMECA Shelter:** 307- 632-3174, 1504 Stinson Avenue, Cheyenne WY, 82001
- **Family Promise:** 307-772-8770, 2950 Spruce Drive, Cheyenne WY, 82001
- **Unaccompanied Students Initiative:** 307-220-2391, P.O. Box 22103, Cheyenne, WY 82003
- **Salvation Army:** 307-634-2769, 601 East 20th Street, Cheyenne WY, 82001



Food

- **Ambitious Diversities:** 307-514-3850, 3908 West 5th Street, Cheyenne WY, 82007
- **Fellowship Baptist Church:** 307-634-0196, 1317 Avenue C, Cheyenne WY, 82007
- **Element Church:** 307-635-1316, 600 East Carlson Street, Cheyenne WY, 82009
- **Saint Joseph's Food Pantry:** 307-275-0567, 206 Van Lennen Avenue, Cheyenne WY, 82007
- **Salvation Army:** 307-634-2769, 601 East 20th Street, Cheyenne WY, 82001
- **True Vine Community Church:** 307-514-0124, 110 Central Avenue, Cheyenne WY, 82007
- **North Christian Church:** 307-632-2331, 603 East Carlson Street, Suite 305, Cheyenne WY, 82009
- **Needs, Inc:** 307-632-4132, 900 Central Avenue, Cheyenne WY, 82007



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