

### 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

## Natrona 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)
- **Natrona County Sheriff's Office**: 307-235-9282, 201 North David Street 2nd Floor Casper, WY 82601
- **Casper Police Department**: 307-235-8278, 201 North David Street Casper, WY 82601
- **Evansville Police Department**: 307-234-0897, 235 Curtis Street Evansville, WY 82636
- **Midwest Police Department**: 307-437-6509, 531 Peake Street Box 393 Midwest, WY 82643
- **Mills Police Department**: 307-266-4796, 4800 West Yellowstone Highway Mills, WY 82644

## Health Resources

- **Suicide Survivors Support Group**: 307-233-4277, 1032 East 1st Street Casper, WY 82601
- **Natrona County Suicide Prevention Task Force**: 307-233-4277, 535 West Yellowstone Highway Casper, WY 82601
- **Mercer Family Resource Center, Inc.**: 307-265-7366, 535 West Yellowstone Highway Casper, WY 82601
- **Drew's Decision, Inc.**: 307-277-5667, 240 South Wolcott Street Suite 136 Casper, WY 82601
- **J.R.'s Hunt; for Life**: 307-259-6032, 2911 Garden Creek Road Casper, WY 82601
- **Life After Loss**: When Someone You Love Takes Their Life: 307-265-3977, 5725 Highland Drive Casper, WY 82609




## Health Resources cont.

- **Neverforgotten77 Suicide Loss Group**: 307-251-8231, 1725 South Jackson Street Casper, WY 82601
- **NAMI Wyoming**: 307-265-2573, 239 East H Street PO Box 1883 Casper, WY 82601
- **Mercer Family Resource Center, Inc.**: 307-233-4269, 535 West Yellowstone Highway Casper, WY 82601
- **Wyoming Guardianship Corporation**: tel:307-632-5519, PO Box 2778 Cheyenne, WY 82003
- **Wyoming Behavioral Institute**: 307-439-2136, 2521 East 15th Street Casper, WY 82609
- **Central Wyoming Counseling Center**: 307-237-9583, 1430 Wilkins Circle Casper, WY 82601
- **Wyoming Family Practice - Casper**: 307-234-6161, 1522 East A Street Casper, WY 82601
- **Specialty Counseling & Consulting, LLC - Casper**: 307-222-3042, 123 West 1st Street Suite 705 Casper, WY 82601
- **Casper Community Outreach Clinic**: 1-866-338-5168, 4140 South Poplar Street Casper, WY 82601
- **Wyoming Recovery**: 307-265-3791, 231 South Wilson Street, Casper, WY 82601
- **Aspen Creek Counseling**: 307-233-4210, 800 Werner Court, Suite 235, Casper, WY 82601
- **Crossroads Counseling**: 307-333-5370, 500 South Wolcott Street, Suite 103, Casper, WY 82601



1603 Capitol Avenue, Suite 212  
Cheyenne, Wyoming 82001

Office Phone : 307-256-3344    Mobile : 307-477-8255  
Admin@gracefor2brothers.org  
[www.GraceFor2Brothers.org](http://www.GraceFor2Brothers.org)

 Grace For 2 Brothers  
 Gracefor2brothers  
 @Gf\_2\_B

