



### 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

## Park 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 Victim Services:** 307-777-7200
- **VA:** (Vets only) Mental health education programs, survivor’s benefits, etc.: 307-778-7550 or 1-888-483-9127
- **Safe 2 Tell:** 1-844-996-7233, 320 West 25th Street, Cheyenne WY, 82001, [www.safe2tellwy.org](http://www.safe2tellwy.org)
- **Cody Police Department:** 307-527-8723, 1402 River View Drive, Cody, WY 82414
- **Meeteetse Police Department:** 307-868-2338, 910 Park Avenue, Cody, WY 82414
- **Park County Sheriff's Office:** 307-527-8700, 1402 River View Drive, Cody, WY 82414
- **Powell Police Department:** 307-754-2212, 250 North Clark Street, Powell, WY 82435

## Health Resources

- **The Pines Counseling, LLC:** 307-250-8299, 1701 Stampede Avenue, Cody, WY 82414
- **Behavioral Health Clinic:** 307-578-2919, 424 Yellowstone Avenue, Suite 220, Cody, WY 82414
- **Cody Community Outreach Clinic:** 307-587-4015, 1432 Rumsey Avenue, Cody, WY 82414
- **The Yellowstone Behavioral Health Center/Cody:** 307-587-2197, 2538 Big Horn Avenue, Cody, WY 82414
- **The Yellowstone Behavioral Health Center/Powell:** 307-754-5687, 627 Wyoming Avenue, Powell, WY 82435
- **Heritage Health Center:** 307-764-4107, 128 North Bent Street, Powell, WY 82435
- **Crisis Intervention Services:** 307-587-3545, 220 13th Street, Cody, WY 82414

## Health Resources Cont.

- **Crisis Intervention Services:** 307-754-7959, 35 North Gilbert Street, Powell, WY 82435
- **Heart Mountain Volunteer Medical Clinic:** 307-272-1753, 1735 Sheridan Avenue, Suite 205, Cody, WY 82414
- **Behavioral Health Clinic:** 307-578-2919, 424 Yellowstone Avenue, Suite 220, Cody, WY 82414
- **Cody Community Outreach Clinic:** 307-587-4015, 1432 Rumsey Avenue, Cody, WY 82414
- **Ag Worker Health & Services:** 307-754-6350, 231 West 6th Street North-West, Powell, WY 82435
- **Billings Clinic Cody:** 307-527-7561, 201 Yellowstone Avenue, Cody, WY 82414

## Shelter/Housing

- **Yellowstone Country Assistance Network:** 307-754-2073, 335 North Gilbert Street, Powell, WY 82435

## Food

- **Cody Cupboard:** 307-586-3732, 836 1/2 Sheridan Avenue, Cody, WY 82414
- **Powell Valley Loaves and Fishes:** 307-754-2641, 109 West 14th Street, Powell, WY 82435
- **Manna House:** 307-899-6508, 2343 Mountain View Drive, Cody, WY 82414



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)

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