

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

Uinta 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
- **Evanston Primary Care Telehealth Outreach Clinic – VA** (Vets only) Primary care, counseling/ mental health. 877-733-6128, www.sheridan.va.gov
- **Safe 2 Tell:** 1-844-996-7233, 320 West 25th Street Cheyenne, WY 82001, www.safe2tellwy.org
- **Sheriff’s Department- Mountain View:** 307-782-7432, 20 County Road 262, Mountain View, WY 82939
- **Sheriff’s Department- Evanston:** 307-783-1000, 77 Co Road 109 Evanston, WY 82930
- **Uinta County Fire and Ambulance- Evanston:** 307-789-8556, 1136 Front Street Evanston, WY 82930
- **Police Department- Lyman:** 307-787-6500, 114 East Sage Street, Lyman, WY 82937
- **Police Department- Mountain View:** 307-782-3944, 405 Wyoming Road 414, Mountain View, WY 82933
- **Police Department- Evanston:** 307-783-6400, 1148 Front Street, Evanston, WY 82930

Health Resources

- **High Country Behavioral Health- Evanston:** 307-789-4224, 1565 Wyoming Road 150, Suite C, Evanston, WY 82930
- **High Country Behavioral Health- Mountain View:** 307-782-3097, 1050 Wyoming Road 414, Mountain View, WY 82939

Health Resources cont.

- **Uinta County Al-Anon- Urie:** 307-782-6647, 121 Emigrant Road, Urie, WY 82937
- **Pioneer Counseling Services- Evanston:** 307-789-7915, 350 City View Drive, Suite 206, Evanston, WY 82930
- **Community Health Center- Evanston:** 307-789-8290, 75 Yellow Creek Road, Suite 102, Evanston, WY 82930
- **Uinta County Public Health - Evanston:** 307-789-9203, 350 City View Drive, Suite 101, Evanston, WY 82930
- **Uinta County Public Health - Lyman:** 307-787-3800, 128 East Owen (PO Box 185) Lyman, WY 82937

Food

- **Interdenominational Food Pantry, Inc.- Bridger Valley:** 307-747-3663, 215 Pine Street, Fort Bridger, WY 82933
- **From the Heart Ministries- Mountain View:** 307-780-6227, 280 7th Street, Mountain View, WY 82939
- **Lord's Storehouse Food Pantry- Evanston:** 307-679-2628, 50 Yellow Creek Road, Evanston, WY 82930

Shelter/Housing

- **Salvation Army:** 307-708-0565, 937 Sage Street, Evanston, WY 82930
- **Section 8 Rental Assistance: Evanston Housing Authority** 307-789-2381, 155 Apache Drive, Suite A, Evanston, WY 82930
- **Uinta County SAFV taskforce- Evanston:** (Information, support and crisis services for people experiencing any type of family or dating violence or sexual assault) 307-789-3628, 350 City View Drive, Suite 203, Evanston, WY 82930



1603 Capitol Avenue, Suite 212
Cheyenne, Wyoming 82001



Office Phone : 307-256-3344

Mobile : 307-477-8255



Admin@graceFor2Brothers.org



www.GraceFor2Brothers.org



Grace For 2 Brothers



Gracefor2brothers



@Gf_2_B

