

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

Niobrara 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
- **Niobrara County Sheriff's Office:** 307-334-2240, 416 South Elm Street Lusk, WY 82225
- **Lusk Police Department:** 307-334-2212, 221 South Main, Lusk, WY 82225

Health Resources

- **Solutions for Life - Lusk:** 307-334-3666, 905 South Main, Lusk, WY 82225
- **Edlund Counseling:** 307-363-0123, No physical location, Teens and Adults telemental health
- **Niobrara Community Hospital:** 307-334-4000, 921 South Ballancee Avenue Lusk, WY 82225
- **Niobrara County Public Health:** 307-334-4032, 911 South Ballancee Avenue Lusk, WY 82225
- **24/7 Nurse Line - Wyhealth:** 1-888-545-1710, No physical address, a phone service that provides expert health advice from a registered nurse, 24 hours a day, 7 days a week. It is offered at no cost to all Wyoming Medicaid clients.
- **Niobrara County Prevention:** 307-334-4055, 221 S Main, Kirtley, WY 82225

Shelter/Housing

- **Helpmate Crisis Center and Crime Victim Assistance:** 307-334-3416, Call for physical address Lusk, WY 82225
- **Wyoming Family Services Department:** 307- 334-2153, 905 South Main, Lusk, WY 82225
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Food

- **Niobrara Senior Center:** 307-334-2561, 611 East 6th Street Lusk, WY 82225
- **New Life in Christ Baptist Church:** 307-216-0556, 228 South Main Lusk, WY 82225
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Other

- **Lusk Fire Department:** 307-334-2100, 207 East 3rd Street, Lusk, WY 82225
- **Lusk Animal Control:** 307-334-2212, 201 East 3rd Street, Lusk, WY 82225
- **Niobrara County Library:** 307-334-3490, 425 South Main, Lusk, WY 82225
- **Lusk Housing Authority:** 307-334-3224, 17 South Oak Street, Lusk, WY 82225



507 East 18th Street
Cheyenne, Wyoming 82001

Office Phone : 307-256-3344 Mobile : 307-477-8255
Admin@graceFor2Brothers.org
www.GraceFor2Brothers.org

 Grace For 2 Brothers
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 @Gf_2_B

