

### 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

## Platte 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)
- **Platte County Sheriff's Office:** 307-322-2331, 850 Maple Street Wheatland, WY 82201
- **Guernsey Police Department:** 307-836-2111, 81 West Whalen Street Guernsey, WY 82214
- **Wheatland Police Department:** 307-322-2141, 951 Water Street Wheatland, WY 82201

## Health Resources

- **Volunteers of America Wheatland:** 307-632-9362, 1954 West Mariposa Parkway, Wheatland, WY 82201
- **Platte County Memorial Hospital:** 307-322-3636, 201 14th Street, Wheatland, WY 82201
- **Banner Health Clinic - Guernsey:** 307-836-2422, 1 East Whalen Street Guernsey, WY 82214
- **Platte County Public Health:** 307-322-2540, 718 9th Street Wheatland, WY 82201
- **Specialty Counseling & Consulting, LLC - Wheatland:** 307-322-8122, 975 Gilchrist Street, Wheatland, WY 82201
- **Wheatland VA Mobile Clinic:** 1-888-483-9127, 759 East Cole Street, Wheatland, WY 82201
- **Volunteers of America:** 307-322-3190, 1954 West Mariposa Parkway, Wheatland, WY 82201

## Shelter/Housing

- **Platte County Ministry Co-Op:** (307) 322-2141, 951 Water Street, Wheatland, WY 82201
  - **Platte County Salvation Army:** 307-331-0972, Appointment time and place are given to applicant Wheatland, WY 82201
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## Food

- **Project SAFE, Inc.:** 307-322-4794, Call for physical address Wheatland, WY 82201
- **Platte County Food Bank:** 307-331-3992, 1056 East Walnut Street Wheatland, WY 82201
- **Platte County Commodities:** 307-331-0125, 1056 East Walnut Street Wheatland, WY 82201
- **Guernsey Community Food Pantry:** 303-807-2727, 81 West Whalen Street, PO Box 69, Guernsey, WY 82214

## Other

- **Services For Seniors:** 307-322-3424, 1605 16th Street, Wheatland, WY 82201
- **Platte County WIC Program:** 307-322-3732, 851 Spruce Street, Wheatland, WY 82201
- **Veterans of Foreign Wars:** 307-836-2555, 42 South Idaho Avenue, Guernsey, WY 82214



507 East 18th Street  
Cheyenne, Wyoming 82001



Office Phone : 307-256-3344

Mobile : 307-477-8255



[Admin@graceFor2Brothers.org](mailto:Admin@graceFor2Brothers.org)



[www.GraceFor2Brothers.org](http://www.GraceFor2Brothers.org)



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