

### 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

## Sublette 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)
- **Sublette County Sheriff's Office:** 307-276-5448, 35 1/2 South Tyler Avenue, Pinedale, WY 82941
- **Sublette County Sheriff Office (Marbleton office):** 307) 276-5448, 19 4th Street, Big Piney, WY 83113

## Health Resources

- **High Country Behavioral Health - Pinedale:** 307-367-2111, 24 Country Club Lane Pinedale, WY 82941
- **Clay Pot Counseling, Inc.:** 307-752-7016, PO Box 1065 Sheridan, WY 82801
- **Edlund Counseling:** 307-363-0123, No physical location
- **Pinedale Medical Clinic:** 307-367-4133, Hennick St, Pinedale, WY 82941
- **Sublette Healthcare:** 307-276-3306, 103 3rd St, Big Piney, WY 83113
- **Sublette County Public Health:** 307-367-2157, 619 E Hennick, Pinedale, WY 82941
- **Sublette County Ambulance:** 307-276-3032, 20 4th Street, Big Piney, WY 83113
- **Synergetic Health:** 307-260-6576, 143 Muddy Creek Road, Big Piney, WY 83113

## Shelter/Housing

- **Safv Task Force:** 307-276-3975, 253 North Sublette Avenue, Pinedale, WY 82941
- **Sublette County Sexual Assault:** 307-276-3975, 15 Budd Avenue, Big Piney, WY 83113
- **Family Services Department:** 307-367-4124, 217 North Sublette Avenue, Pinedale, WY 82941

## Food

- **Pinedale Food Basket:** 307-367-3206, 104 North Bridger Avenue, Pinedale, WY 82941
- **The Community Food Closet:** 307-276-4088, 429 East 1st Street, Big Piney, WY 83113
- **Green Pastures ReSale Store:** 307-276-4088, 7 West 6th Street, Marbleton, WY 83113

## Other

- **Pinedale Fire Department:** 307-367-4550, 130 South Fremont Avenue, Pinedale, WY 82941
- **Big Piney-Marbleton Volunteer Fire Department:** 307-276-3409, 211 Main Street, Big Piney, Wyoming, 83113
- **Daniel Volunteer Fire Company:** 307-859-8400, 12956 U.S. 189 Daniel, Wyoming, 83115
- **Boulder Volunteer Fire Company:** 307-537-5454, 209 Jackson Avenue, Boulder, Wyoming, 82923
- **Kendall Valley Volunteer Fire Department:** 307-367-6888, 2470 Wyoming 352, Cora, Wyoming, 82925



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