

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

Sweetwater 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
- **Sweetwater County Veterans Services:** 307-922-5442, 333 Broadway St #231, Rock Springs, WY 82901
- **Safe 2 Tell:** 1-844-996-7233, 320 West 25th Street, Cheyenne WY, 82001, www.safe2tellwy.org
- **Sweetwater County Sheriff's Office:** 307-922-5300, 50140 U.S. 191 Suite 100, Rock Springs, WY 82901
- **Bairoil Police Department:** 307-324-7070, 1101 Antelope Drive, Bairoil, WY 82322
- **Green River Police Department:** 307-875-1400, 375 West Flaming Gorge Way, Green River, WY 82935
- **Rock Springs Police Department:** 307-352-1575, 221 C Street, Rock Springs, WY 82901

Health Resources

- **Sweetwater County Prevention Coalition:** 307-352-6677, 2300 Foothill Boulevard, Rock Springs, WY 82901
- **Southwest Counseling Center:** 307-352-6680, 1124 College Drive, Rock Springs, WY 82901
- **Southwest Counseling Center:** 307-872-3205, 115 East Flaming Gorge Way, Green River, WY 82935
- **Rock Springs Community Outreach Clinic:** 1-866-381-2830, 1401 Gateway Boulevard, Rock Springs, WY 82901
- **Access Balance & Change, Inc.:** 307-382-6330, 126 Elk Street, Rock Springs, WY 82901
- **WEvolve Counseling, LLC:** 307-352-9161, 1471 Dewar Drive, Suite 209 Rock Springs, WY 82901

Health Resources cont.

- **Sweetwater County Public Health:** 307-922-5390, 333 Broadway Street, Suite 110, Rock Springs, WY 82901
- **SFRC - Financial Assistance - Rock Springs:** 649 North Front Street, Unit A, Rock Springs, WY 82901
- **Rock Springs Community Health Center:** 307-212-5116, 2620 Commercial Way, Suite #140, Rock Springs, WY 82901
- **Castle Rock Medical Center:** 307-872-4500, 1400 Uinta Drive, Green River, WY 82935
- **Memorial Hospital of Sweetwater County:** 307-362-3711, 1200 College Drive, Rock Springs, WY 82901
- **Aspen Mountain Medical Center:** 307-352-8900, 4401 College Drive, Rock Springs, WY 82901

Shelter/Housing

- **YWCA Sweetwater County:** 307-352-6635, 1035 Jackson Street, Rock Springs, WY 82901
- **Sweetwater Family Resource Center:** 307-362-6549, 649 North Front Street, Rock Springs, WY 82901
- **Sweetwater Youth Crisis Center:** 307-352-6762, 3801 Sweetwater Drive, Rock Springs, WY 82901

Food

- **Food Bank of Sweet Water County:** 307-382-7332, 90 Center Street, Rock Springs, WY 82901
- **Food Bank - Green River:** 307-875-9600, 550 Uinta Drive, Suite F, Green River, WY 82935



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