

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

Teton 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
- **Teton County Crime Victim Services- Jackson:** 307-732-8482, 145 East Simpson Avenue, Jackson WY, 83001
- **WY Highway Patrol- Jackson:** 307-733-3869, 1040 Evans Road Jackson WY, 83001
- **Police Department:** 307-733-1430, 150 East Pearl Avenue, Jackson WY, 83001
- **Sheriff’s Department:** 307-733-2331, 180 South King Street, Jackson WY, 83001
- **Fire/ EMS- Jackson:** 307-733-4732, 60 E Pearl Avenue, Jackson WY, 83001
- **Fire/ EMS- Wilson:** 307-733-4732, 1315 North-West Street, Wilson WY, 83014

Health Resources

- **Jackson Hole Behavioral Health- Wilson:** 307-200-9844, 3415 North Pines Way, Suite 203, Wilson WY, 83014
- **Teton Youth and Family Services- Van Vleck House:** (Youth diversion, crisis intervention) 307-733-6440, 510 South Cache, Jackson WY, 83001
- **Teton Youth and Family Services- Hirschfield Center for Children:** 307-773-7946, Jackson WY, 83001
- **Teton Youth and Family Services- Red Top Meadows:** (Therapeutic wilderness program for adolescent males) 307- 733-9098, Wilson WY, 83014

Health Resources

- **Woman’s Health and Family Care:** 307-743-1313, 555 E Broadway Avenue, Suite 108, Jackson WY, 83001
- **Jackson Hole Community Counseling Center:** 307-733-2046, 640 East Broadway Avenue, Jackson WY, 83001
- **Teton County Free Clinic- Jackson:** (located in St. John’s Health) 307-739-7492, 505 East Broadway Avenue, Jackson WY, 83001
- **Teton County Health Department:** 307-733-6401, 460 East Pearl Avenue, Jackson WY, 83001

Food

- **Good Samaritan Mission Food Pantry:** (Pantry daily from 8-4, hot meals 7AM and 5:30PM) 307-773-3165, 285 West Pearl Street, Jackson WY, 83001
- **Jackson Cupboard:** 307-699-2163, 170 North Glenwood Street, Jackson WY, 83001
- **Hole Food Rescue:** 720-470-0769, 1524 Martin Lane Jackson WY, 83001


Shelter/Housing

- **One22*:** (Referrals to community resources and financial assistance) 307-739-4500, 170 North Glenwood Street, Jackson WY, 83001
- **Community Safety Network:** (Provides shelter and advocacy to victims of domestic violence, sexual assault, and stalking) 307-773-3711 *helpline :307-733-SAFE (7233)
- **Jackson/ Teton County Housing Department:** 307-732-0867, 320 South King Street, Jackson WY, 83001



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
 Gracefor2brothers
 @Gf_2_B

