

News from the Wyoming Department of Health, the Prevention Management Organization of Wyoming and Grace for 2 Brothers Foundation

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Crisis Text Line Available in Wyoming

A newly available statewide Crisis Text Line will provide anonymous, continuous crisis support to Wyoming residents who may be in crisis and at risk of suicide.

Promoted by the Wyoming Department of Health, Grace For 2 Brothers Foundation, and the Prevention Management Organization, Crisis Text Line enables anyone with a mobile phone with SMS capability to access free support by texting WYO to 741-741.

“Many of our Wyoming neighbors who struggle sometimes with depression, bullying, substance abuse, relationship problems and suicidal thoughts feel they have no one to turn to,” said Rhianna Brand, director of operations for Grace For 2 Brothers Foundation, a Cheyenne-based nonprofit focused on suicide prevention.

Brand noted that text messages offer a discreet, familiar and accessible form of communication available to most people.

Mikki Munson, community prevention specialist with the Prevention Management Organization, said the text line’s trained specialists with extensive training in crisis intervention provide emotional support to anyone in crisis, as well as safety planning and referrals.

“This partnership with the Crisis Text Line will connect someone in crisis to a counselor in their most critical time of need,” Munson said. Munson also noted the anonymous data collected by the Crisis Text Line will help Wyoming work to improve prevention efforts and mental health resources.

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