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## Resources

### Hotlines:

National Suicide Prevention Line

Text: WYO to 741 741

Call: 1-800-273-8255

The Trevor Project

1-866-488-7386

Safe2Tell Wyoming

1-844-996-7233

### Websites:

[www.gracefor2brothers.com](http://www.gracefor2brothers.com)

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

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

[www.safe2tellwy.org](http://www.safe2tellwy.org)

## Contact Us

307-256-3344

1603 Capitol Ave #410

Cheyenne, WY 82001

[www.gracefor2brothers.com](http://www.gracefor2brothers.com)

## Taco John's and Jonah Bank Campaign



We are excited to announce that starting May 1st, Taco John's and Jonah Bank of Wyoming are again fighting to save lives from suicide. This will be the 4th year in a row that they have supported causes, such as Grace for 2 Brothers, as well as 10 other organizations that work towards ending the suicide epidemic. This year, for the first time, they will also be supporting 5 organizations in Colorado, including Rocky Mountain

Crisis Partners, which is the largest accredited crisis call center in Colorado.

During the month of May, Taco John's and Jonah Bank will be encouraging their customers to contribute to their campaign to prevent suicide. Taco John's and Jonah Bank will also be handing out over 10,000 HOPE magnets, provided by Grace for 2 Brothers, that contain the National Suicide Prevention Lifeline, as well as the Crisis Textline, and the Grace for 2 Brothers website (see sidebar).



## Peer Support Group Still in Action

Despite the interruptions to our normal operating procedures, we are still holding our Peer Support Group. It is now taking place online via the Zoom Cloud Meeting app. The group meets online most Thursdays from 6:00 until 7:30 pm. A full cycle for group takes 8 weeks, each night there is a new skill taught and resources are provided. The specifications for joining are that you must be 18 or older and have had a suicide attempt or suicidal ideations at some point in your life. Please email [Rhianna.Brand@gracefor2brothers.com](mailto:Rhianna.Brand@gracefor2brothers.com) if you, or someone you know, is interested in online attendance.

**Thank You for Your  
Continued Support:**

**TACO  
JOHN'S**

The Fresh Taste of West-Mex



**RE/MAX**  
capitol properties

**WE WANT YOU!!!!!!**

*Are you and your friends looking for ways to give back or want to give some of your time to help? If so, please contact Katie Baxter, at [volunteercoordinator@gracefor2brothers.com](mailto:volunteercoordinator@gracefor2brothers.com).*

No matter how messed up you think you are, there will always be someone that loves you & still thinks you're amazing.  
WWW.YANILAVIGNE.NET

**Volunteer of the Month**

Our rockstar volunteer of the month of April is the incredible Steven Bates! A former police officer and 18-year Security Forces member in the United States Air Force, Steven has been volunteering with GF2B since early 2017. Steven brings his lived experience, amazing poetry, and willingness to be vulnerable and speak up, to help us assist people through suicide crises and suicidal ideation. Steven volunteers as a co-facilitator of our Peer Support Group, as well as helps with events and activities such as our Embrace Grace Gala, the Walk of Grace, and our open mic night fundraisers.



Steven has also written three books of poetry dealing with depression, PTSD, and suicidal thoughts, which he generously donates to all members of the Lived Experience group and the Grace for 2 Brothers free library.

Steven says, "If I were to say what keeps me going with Grace for 2 Brothers, it is that possibly, maybe, someone could still be alive today because of my being there for them, and I will always strive to be there no matter what. To me, Grace for 2 Brothers means "Family and Life," as they are in every sense of the word my family and their sole purpose is the continuation of life for those struggling with it. I am here for them, and I rely on them just as I do my biological family and any extended persons I have considered my family through the years." Steven sums up how he feels about suicide prevention and postvention his following poem:

**Five Senses of a Veteran**  
by Steven Bates

I've seen things no man should see  
and heard the screams that haunted me  
I've tasted death with the kiss of life  
and touched the pulse of the afterlife  
I've smelled the stench of the slipped away  
and cried when death has claimed its' prey  
I've served in ways I can't describe  
for fear of rambling in diatribe  
I survived it all and lived to tell  
what life is like in Earthly Hell  
And though my dreams still show the strain  
I'd live it all, each day of pain  
I'd fight the evil, the sick, depraved  
to know just once, a life I saved

(continued on page 3)

Steven, we are so grateful for your insight, your dedication, your time, your excellent guidance, your powerful creativity, and so much more. We also consider you a family member and you are very near and dear to our hearts!

Another beautiful selection for your reading pleasure:

## H.O.P.E

By Steven Bates

When pain persists and rips away  
your sanity, your will to stay

When it strips the core of what you are  
and it's taken you past the edge too far

Remember pain is just a thing  
to remind you there is more to gain  
Healing comes to those who wait  
who take the pain along with fate  
for wounds will close, scars will fade

help will come from friends you've made

remember the letters h o p e

spell them out and you will see

they stand for what I promise you friends

Always remember, Hang On, Pain Ends



For more from Steven and to support his nonprofit, Poemspeak, please visit [www.poemspeak.org](http://www.poemspeak.org).