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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

www.suicidology.org

www.bullying.org

www.safe2tellwy.org

Contact Us

307-256-3344

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Cheyenne, WY 82001

www.gracefor2brothers.com

Mental Health Awareness Month

May is Mental Health Awareness Month. With the ongoing pandemic crisis, it is more important than ever that we bond together to help and support one another. Remember to keep practicing patience, kindness, gratitude, and positivity, despite the ongoing pain of these tough times. Keeping self-care and health protections in mind, let's reach out to those who are struggling. Just one text to a person who might be suffering could make all the difference to them. It shows that they are cared for and that they matter. Please reach out to us as well, if you, or someone you know is having a hard time coping. We are here for you and we will make it through this together!



A Potato Ole a Day for the Month of May!

Don't forget that Taco Johns and Jonah Bank are accepting donations this month to help prevent suicide. Please help us by spreading the word. Every penny counts and we would like to thank all of you who have contributed and plan to contribute. Thank you for supporting our cause! Let's save lives!



Resources for Self-Injurers

For those that have high anxiety and also self-harm, dealing with stressful times and difficult situations can greatly increase the impulse to injure oneself. According to a spokesperson from SAMHSA, there has been an 891% increase in calls to the SAMHSA Disaster Distress Hotline (1-800-985-5590 or text TalkWithUs to 66746) in comparison to this time last year. With the social isolation, risk of sickness, and the increased stress due to COVID, there has been a known increase in substance abuse, domestic violence, anxiety disorders, self-harm, and other detrimental behaviors. To help those who self-injure cope with self-harm, we are highlighting the following resources (con't page 2):

**Thank You for Your
Continued Support:**



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.

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



The rules:

1. When you feel you want to cut, take a pen or marker and draw a butterfly on your arm.
2. Name the butterfly after a loved one, someone that really wants you to get better.
3. You must let the butterfly to fade naturally. NO scrubbing it off.
4. If you cut before the butterfly is gone. If you don't cut it lives.
5. If you have more than one butterfly, cutting kills all of them.
6. Another person may draw them on you. These butterflies are extra special.
7. Even if you don't cut, feel free to draw a butterfly to show your support.
8. Know that we care.



- [Butterfly Project](#) - When drawing a butterfly, dragon, or whatever figure you choose on yourself (or someone you know who self-harms), repeat the following words: "I'm here. I'm safe. I'm alive. For every problem there is a solution."

- [EFT Tapping](#) (YouTube tutorial)
- [Reducing Self-Harm Worksheet](#)

Other Self-Injury Resource Websites:

- [I Hurt Myself Today](#)
- [S.A.F.E. Alternatives](#)
- [Self-Injury Outreach & Support](#)

If you self-injure, we have toolkits available. Stay tuned to our newsletter and social media pages for updates on when our office will be open again. In the meantime, please reach out if you are struggling, or consider attending our online Peer Support Group. Email us for more information.

Volunteer of the Month

Our volunteer for the month of May is the amazing Marisa Beahm! Marisa is a Cheyenne native and has been volunteering with Grace for 2 Brothers since 2015. Marisa has helped us with the Walks of Grace, she has participated in many volunteer nights, she scheduled the Blue Cross Blue Shield of Wyoming assigned employee ASIST training, has organize Blue Cross Blue Shield of Wyoming hosted QPR training, manned resource table at the Scott Flak Volleyball Tournament, and is a current gun lock delivery volunteer.



Marisa says, "I have not met a person who hasn't been affected by a suicide crisis in one way or another. Through GF2B, I've learned the importance of open communication, education, and active support to personally help those in crisis around me. GF2B plays a critical role in suicide awareness, assistance, and prevention in the State of Wyoming, and I am honored to work with such a motivated and dedicated team." Marisa is a true humanitarian at heart and currently helps at various local non-profit organizations whenever she possibly can. Thank you so very much Marisa, we are honored that you have chosen to be a part of the GF2B family, and we are so grateful for your time and dedication to our cause!