Suicide can be prevented. While some suicides occur without any outward warning, most people who are suicidal do give warnings. Prevent the suicide of loved ones by learning to recognize the signs of someone at risk, taking those signs seriously and knowing how to respond to them.

**Warning signs of suicide include:**

- **Observable signs of serious depression:**
  - Unrelenting low mood
  - Pessimism
  - Hopelessness
  - Desperation
  - Anxiety, psychic pain and inner tension
  - Withdrawal
  - Sleep problems
- **Increased alcohol and/or other drug use**
- **Recent impulsiveness and taking unnecessary risks**
- **Threatening suicide or expressing a strong wish to die**
- **Making a plan:**
  - Giving away prized possessions
  - Sudden or impulsive purchase of a firearm
  - Obtaining other means of killing oneself such as poisons or medications
- **Unexpected rage or anger**

The emotional crises that usually precede suicide are often recognizable and treatable. Although most depressed people are not suicidal, most suicidal people are depressed. Serious depression can be manifested in obvious sadness, but often it is rather expressed as a loss of pleasure or withdrawal from activities that had been enjoyable. One can help prevent suicide through early recognition and treatment of depression and other psychiatric illnesses.

Please see refer to the resources listed in this booklet for help with emotional/mental health needs or crises, support for grief related to the loss of a loved one by suicide, as well as resources if you have attempted in the past. To submit additions to this list or to request more information please feel free to contact the:

**Campbell County Suicide Prevention Coalition**

1211 S. Douglas Highway
Suite 215
Gillette, WY 82716
(307) 696-8027
swilkins@pmowyo.org

Or – Find us on Facebook at http://www.facebook.com/CampbellCountySuicidePreventionCoalition
# Campbell County Suicide Prevention Resource List

## Table of Contents

### Campbell County - Mental Health and Substance Abuse Counseling Resources
- A Positive Solution Counseling Center, LLC .......................................................... 5
- Adonai Mental Health Services ............................................................................. 5
- Bighorn Counseling ............................................................................................... 5
- Behavioral Health Services @ CCMH ................................................................. 5
- Brighter Horizons ............................................................................................... 5
- Clear Creek Counseling ...................................................................................... 5
- Counseling Center ............................................................................................. 6
- Counseling Connections ..................................................................................... 6
- Kendrick Counseling ......................................................................................... 6
- Patricia Nesbit ..................................................................................................... 6
- Personal Frontiers, Inc. ...................................................................................... 6
- The Wellness Centers ...................................................................................... 6
- Y.E.S. House - Youth Emergency Services ..................................................... 6

### Campbell County - Student/Youth Resources
- Campbell County School District Student Support Services ...................... 7
- Campbell County Kid Clinic ............................................................................... 7
- Department of Family Services ......................................................................... 7
- Y.E.S. House ....................................................................................................... 8
- Gillette College .................................................................................................. 8

### Campbell County - Crisis/Emergency Resources
- National 24/7 Suicide Crisis Line ..................................................................... 9
- Campbell County Memorial Hospital ................................................................. 9
- Behavioral Health Services ............................................................................... 9
- Gillette Police Department ............................................................................... 9
- Campbell County Sheriff’s Office ..................................................................... 9
- Y.E.S. House Crisis Shelter ............................................................................. 9
- **Y.E.S. House Project Choice** ....................................................................... 10

### Faith Community Directory
- Abundant Life Church ...................................................................................... 11
- Antelope Valley Baptist Church ....................................................................... 11
- Bethlehem Community Church ....................................................................... 11
- Calvary Community Church ........................................................................... 11
- Calvary Missionary Baptist Church ................................................................ 11
- Central Baptist Church .................................................................................... 11
- Christ Our Redeemer Lutheran Church ......................................................... 11
- Christian Church ............................................................................................. 12
- Church at the Barn ......................................................................................... 12
Campbell County Suicide Prevention Resource List

Church of Christ ................................................................. 12
Church of Jesus Christ of Latter-Day Saints ................................................................. 12
Cornerstone Church of God ................................................................. 12
Faith Community Church ................................................................. 12
Family Life Church ................................................................. 12
First Assembly of God ................................................................. 13
First Baptist Church ................................................................. 13
First Church of the Nazarene ................................................................. 13
First Presbyterian Church ................................................................. 13
First United Methodist Church ................................................................. 13
Gillette Berean Church ................................................................. 13
Gillette Christian Center ................................................................. 13
Grace Bible Church ................................................................. 13
High Plains Community Church ................................................................. 14
Holy Resurrection Orthodox ................................................................. 14
Holy Trinity Episcopal Church ................................................................. 14
Immanuel Southern Baptist Church ................................................................. 14
Jericho Baptist Church ................................................................. 14
New Life Wesleyan Church ................................................................. 14
Prince of Peace Lutheran Church ................................................................. 14
Roadway Alliance Church ................................................................. 14
Seventh Day Adventist Church ................................................................. 15
St. Matthew’s Catholic Church ................................................................. 15
Trinity Lutheran Church ................................................................. 15
Vida En Cristo Baptist ................................................................. 15
Vineyard Christian Fellowship ................................................................. 15
Westside Baptist Church ................................................................. 15
Word of Life Church of God of Prophecy ................................................................. 15

Survivor of Suicide Resources ................................................................. 16
Online Support Groups ................................................................. 16
Local Survivor Support Group ................................................................. 16
Local Bereavement/Grief Support ................................................................. 16
   The Grieve and Heal Support Group ................................................................. 16
   Campbell County Memorial Hospital’s Hospice Center ................................................................. 16
   Grief Share Group ................................................................. 16
   Father Tom Fiske ................................................................. 16
Grace for 2 Brothers Foundation ................................................................. 16
Other Wyoming Survivor Support Groups ................................................................. 17
   Casper ................................................................. 17
   Cheyenne ................................................................. 17
   Cody ................................................................. 17
   Jackson ................................................................. 18
Campbell County Suicide Prevention Resource List

Riverton

Sheridan

Attempt Survivor Resources

Additional Online Suicide Prevention Resources
Campbell County Suicide Prevention Resource List

Campbell County – Mental Health and Substance Abuse Counseling Resources

**A Positive Solution Counseling Center, LLC**
201 W Lakeway Rd, Suite 1004
Gillette, WY 82716
307-682-3747
Most insurance types accepted, no Medicare

**Adonai Mental Health Services**
405 W. Boxelder
Gillette, WY
(307) 686-7779

**Bighorn Counseling**
201 W. Lakeway, #516
Gillette, WY 82718
307-686-6660
Most insurance types accepted, no Medicare

**Behavioral Health Services @ CCMH**
501 S. Burma Ave, 5th Floor
Gillette, WY 82717
307-688-5000
Most insurance types accepted; has sliding-fee scale. Open access services are available as follows:

- *Mental Health Counseling*: Tuesdays and Thursdays from 8 am-5 pm, with the last client taken at 4 pm.
- *Psychiatry*: begins on June 18 on Tuesdays and Thursdays from 1 pm-5 pm, with the last client taken at 4 pm.
- *Substance Abuse Counseling*: Mondays, Wednesdays and Fridays from 8 am-noon, with the last client taken at 11 am.

**Brighter Horizons**
113 S. Gillette Ave
Suite 203
Gillette, WY 82716
(307) 685-6982
Most insurance types accepted, no Medicaid/Medicare, Tri-Care or Tri-West

**Clear Creek Counseling**
1001 S Douglas Highway, Suite 110
Gillette, WY 82716
307-686-9422
Most insurance types accepted, no Medicaid/Medicare or Magellan
Campbell County Suicide Prevention Resource List

Counseling Center
1401 W. 2nd St
Suite 1
Gillette, WY 82716
(307) 682-6699
Most insurance types accepted, no Medicaid/Medicare

Counseling Connections
707 W. 8th St
Gillette, WY 82716
(307) 685-8255
Most insurance types accepted, no Medicaid/Medicare or Magellan EAP

Kendrick Counseling
400 S. Kendrick
Suite 100
Gillette, WY 82716
(307) 686-4062
Most insurance types accepted, Medicare acceptance varies by provider

Patricia Nesbit
601 S. Gillette Ave.
Gillette, WY 82716
307-685-8182

Personal Frontiers, Inc.
310 S. Miller, Suite G
Gillette, WY 82718
307-686-1189
Most insurance types accepted, patient reimbursement billing system

The Wellness Centers
405 W. Boxelder
Gillette, WY 82716
(307) 686-7779
Most insurance types accepted

Y.E.S. House - Youth Emergency Services
905 N. Gurley Ave., Bldg. C
Gillette, WY 82716
307-686-0669
Campbell County Suicide Prevention Resource List

Campbell County – Student/Youth Resources

Campbell County School District Student Support Services
Katie Jacobson and Charlotte Carr
Student Assistance Coordinators
800 S. Butler Spaeth Rd.
Gillette, Wy 82716
307-686-7198

The health and safety of students is a top priority for Campbell County School District. Student Support Services promotes student well-being in order to achieve academic success. Mental health and substance abuse services are offered to any child attending Campbell County School District, or who is under the age of 18 and resides in Campbell County. Services are provided through a partnership with CCMH - Behavioral Health Services, Counseling Connections, The Counseling Center, Youth Emergency Services and Personal Frontiers, Inc.

School counselors are also available at each school in the district.

Campbell County Kid Clinic
800 S. Butler Spaeth Rd
Gillette, WY 82716
(307) 688-8700

Kid Clinic provides mental health counseling, substance abuse counseling, and medical care for Campbell County Pre-K to 12th grade students and their siblings. Transportation is provided for Campbell County School District students for whom transportation is a roadblock to services. Fees for services are charged on a sliding fee scale. Kid Clinic bills private insurance, Medicaid, and CHIP. No child is denied services based solely on inability to pay. See your school counselor for a counseling referral. For medical care, call Kid Clinic at 688-8700 to make an appointment.

Department of Family Services
551 Running W Drive
Suite
Gillette, WY 82718
(307) 682-7277

Youth and Family Service: This is a non-court involved service area that is available for families when they are in need of help or guidance with a child, children or the entire family. It is a time limited service up to 120 days. This program includes providing families with services, guiding them to other resources, and could also provide financial help for family services, if needed. A Youth and Family Services case is free and social service personnel will work with you on a family service plan to assist you and your family with your immediate needs.
Campbell County Suicide Prevention Resource List

Y.E.S. House
Please see information listed in the next section.

Gillette College
Kristin Douglas
Director of Counseling and Disability Services
300 Sinclair Street
Gillette, WY 82718
(307) 686-0254 x 2011

Free short term counseling services to college students are available. Crisis services are also offered and the Director of Counseling Services is available 24/7 for the residential hall staff, police department, and administration to contact with any emergencies.
Campbell County Suicide Prevention Resource List

Campbell County - Crisis/Emergency Resources

**National 24/7 Suicide Crisis Line**
1-800-273-TALK (8255)

**Campbell County Memorial Hospital**
Emergency Room
501 S. Burma Ave
Gillette, WY 82716
(307) 688-1000

**Behavioral Health Services**
501 S. Burma Ave
Gillette, WY 82716
5th Floor
Crisis Line - (307) 688-5050

**Gillette Police Department**
201 E 5th St
Gillette, WY
(307) 682-5155 (non-emergency)
911 (emergency)

**Campbell County Sheriff’s Office**
600 W Boxelder Rd
Gillette, WY
(307) 682-7271 (non-emergency)
911 (emergency)

**Y.E.S. House**
905 North Gurley Avenue
Gillette, WY 82716
(307) 686-7539

**Y.E.S. House Crisis Shelter**
24/7 crisis line: (307) 686-7539
The Y.E.S. House provides emergency shelter for youth ages 10-17 who are in need of intervention, a time-out, protection and as an alternative to incarceration, as in the case of status offenders or delinquents awaiting court. Services available through this are:
- 24/7 crisis line: (307) 686-7539
- Alternative to incarceration for status offenders or delinquents awaiting court
**Campbell County Suicide Prevention Resource List**

- Supervision 24/7, family mediation and re-unification meetings
- May include social detoxification, counseling, referral to other services
- Youth daily fitness activities may include recreation center, YES House gymnasium, or a Ropes Course
- Volunteer opportunities at the Boys & Girls Club, Soup Kitchen, Council of Community Services, Library, Bee Hive Nursing Home or AVA art center.

**Y.E.S. House Project Choice**

- One-on-one supervision and de-escalation services for youth in crisis (generally at hospital)
- Crisis intervention and staff-secured temporary hold
- Used primarily with youth at suicide risk/depression

Costs for volunteer placements are covered by a combination of a sliding-fee scale, client self-pay, and grants. DFS placements are covered by DFS at no cost to the client/family.

Counseling is available to Y.E.S. House clients including Project Choice clients. Counseling is billed through either Medicaid, insurance or grants.
Faith Community Directory

**Abundant Life Church**
1612 E. Highway 14/16
Gillette, WY 82716
(307) 687-0074

**Antelope Valley Baptist Church**
2801 Antler Road
Gillette, WY 82718
(307) 682-1602
Spiritual counseling available through Pastor Doug Rumsey.

**Bethlehem Community Church**
1120 S. Highway 50
Gillette, WY
(307) 682-1389

**Calvary Community Church**
631 N. Commercial Drive
Gillette, WY 82716
(307) 682-9553
Grief Share group meets once per week on Thursday evenings at 7pm. This group is open to the community and covers a variety of types of grief and loss.

**Calvary Missionary Baptist Church**
602 Longmont
Gillette, WY
(307) 682-9779

**Central Baptist Church**
1170 Country Club Road
Gillette, WY
(307) 682-2543

**Christ Our Redeemer Lutheran Church**
1010 Beaver Road
Gillette, WY
(307) 686-4080
Campbell County Suicide Prevention Resource List

**Christian Church**
100 Flying Circle Dr  
Gillette, WY  
(307) 682-3316

**Church at the Barn**
2010 4-J Road  
Gillette, WY  
(307) 685-2272

**Church of Christ**
1204 T-7 Lane  
Gillette, WY  
(307) 682-2528

**Church of Jesus Christ of Latter-Day Saints**
Two locations:  
1500 Ohara Drive  
Gillette, WY 82716  
(307) 682-8131

2903 Allen Ave  
Gillette, WY 82718  
(307) 682-3662  
Congregation members may speak with their ward Bishop about seeking services with an LDS counselor.

**Cornerstone Church of God**
406 S Brooks  
Gillette, WY  
(307) 686-6429

**Faith Community Church**
177 American Road  
Gillette, WY  
(307) 682-7333

**Family Life Church**
480 Wyoming 50  
Gillette, WY  
(307) 687-1083  
Pastoral counseling available one-on-one or members can request counseling services through Set Free Ministries.
Campbell County Suicide Prevention Resource List

First Assembly of God
Gillette, WY
(307) 686-2990
Spiritual counseling available through Pastor Dan Holden.

First Baptist Church
501 S. Gillette Ave
Gillette, WY
(307) 682-4816

First Church of the Nazarene
3010 West 4-J Road
Gillette, WY 82718
(307) 682-2562
Pastor Judith England is available for spiritual counseling and crisis intervention. She is available to the congregation as well as the community at large.

First Presbyterian Church
511 Carey Ave
Gillette, WY
(307) 682-7264

First United Methodist Church
2000 W Lakeway
Gillette, WY
(307) 686-7339

Gillette Berean Church
4000 S. Garner Lake Road
Gillette, WY
(307) 686-9363

Gillette Christian Center
6201 Swanson Road
Gillette, WY 82718
(307) 686-6680
Pastoral counseling available to congregation. Appointments can be made by contacting the church.

Grace Bible Church
Gillette, WY
(307) 686-1516
Campbell County Suicide Prevention Resource List

High Plains Community Church
111 E. 2nd Street
Gillette, WY
(307) 685-0044
Spiritual counseling available through Pastor Dan Morgan. Support for the community at large is also available through Journey Counseling Ministries, a Christian counseling service through the church.

Holy Resurrection Orthodox
610 S Kendrick Ave
Gillette, WY
(307) 682-4296

Holy Trinity Episcopal Church
PO Box 2007
Gillette, WY 82717
(307) 682-4296
Father Tom Fiske (has experienced loss due to suicide) is available as a resource to community at large.

Immanuel Southern Baptist Church
610 Butler Spaeth, #F
Gillette, WY
(307) 685-3274

Jericho Baptist Church
211 S Brooks Ave
Gillette, WY
(307) 686-5626

New Life Wesleyan Church
1000 Comanche
Gillette, WY
(307) 682-5642

Prince of Peace Lutheran Church
203 Flying Circle Dr
Gillette, WY
(307) 682-4509

Roadway Alliance Church
811 Hemlock
Gillette, WY
(307) 686-7738
Campbell County Suicide Prevention Resource List

**Seventh Day Aventist Church**
901 Apricot
Gillette, WY
(307) 682-8465

**St. Matthew’s Catholic Church**
1000 Butler Spaeth
Gillette, WY
(307) 682-3319

**Trinity Lutheran Church**
9th and Gurley
Gillette, WY
(307) 682-4886

**Vida En Cristo Baptistio**
604 W 10th
Gillette, WY
(307) 686-0170

**Vineyard Christian Fellowship**
585 Westside Dr
Gillette, WY
(307) 686-2485

**Westside Baptist Church**
604 West 10th St
Gillette, WY
(307) 682-3505
Christian counseling available on Friday and Saturday by appointment with Pastor Gary Williams. Members can also receive help from one of the Deacons in the church.

**Word of Life Church of God of Prophecy**
1303 W 4th Ave
Gillette, WY
(307) 686-7347
Campbell County Suicide Prevention Resource List

Survivor of Suicide Resources

**Online Support Groups**
http://www.afsp.org/index.cfm?fuseaction=home.viewPage&page_ID=FF3C1B92-E45D-41CA-DDB62301890DDE0B

**Local Survivor Support Group**
Survivors of Suicide Support Group
Contact: Spring Wilkins (307) 696-8027
Meeting Place: Gillette College
300 Sinclair St – Room 155
Meeting Day/Time: 1st and 3rd Thursdays of each month at 6:30pm-8:00pm
Facilitated by: A licensed counselor and a survivor of suicide loss
Charge: No
All ages welcome, meeting is an open, drop-in format.

**Local Bereavement/Grief Support**

**The Grieve and Heal Support Group**
This group runs several times throughout the year in 12 week sessions using the “Understanding Your Grief” book and journal from Dr. Alan Wolfelt. Contact Melisa Haddix at (307) 688-6230 for more information.

**Campbell County Memorial Hospital’s Hospice Center**
Grief and bereavement support are offered to anyone in the community. Individuals can receive bereavement mailings, meet with the bereavement counselor, use their library of bereavement resources, attend support groups and attend bereavement events throughout the year. Contact the bereavement coordinator at (307) 688-6230.

**Grief Share Group**
Held once per week on Thursday evenings at 7pm. This group is open to the community and covers a variety of types of grief and loss. The group meets at:
Calvary Community Church
631 N. Commercial Drive
Gillette, WY 82716
(307) 682-9553

**Father Tom Fiske**
(307) 682-4296
Father Tom Fiske has experienced loss by suicide is available as a resource to community at large.

**Grace for 2 Brothers Foundation**
This foundation provides resource information and assistance to those who know someone in crisis, or to those who are in crisis; and provides support to survivors - those who have lost a loved one to suicide.
109 E 17th, Suite 12
Campbell County Suicide Prevention Resource List

Cheyenne, WY 82001
Office: (307) 432-4049
Toll Free: (877) 496-4049
Fax: (307) 432-4068
http://www.gracefor2brothers.com

Other Wyoming Survivor Support Groups

Casper
Suicide Survivor’s Support Group Meeting
1032 East 1st Street
Casper, WY
Website: http://www.natronacountysuicideprevention.org
Contact: Julie Raines
(307) 247-4726 or julieraines@msn.com
Meeting Day(s)/Time: 1st and 3rd Thursdays each month, 6:30-8:00 p.m.
Facilitated by: Peer and Professional
Charge: None

Cheyenne
Share and Care Group
2200 Pioneer Ave
Cheyenne, WY
Contact Person: Lynn & Cherie Conrad
(307) 637-3753
Facilitated by: Peer
Meeting Day(s)/Time: 3rd Monday, 7 to 9 PM
Charge: No

Hour of Grace, Sponsored by Grace for 2 Brothers Foundation
2321 Dunn Ave
Cheyenne, WY
Contact: BJ Ayers
(307) 432-4049
Facilitated by: Co-facilitated by survivor and Mental Health Professional
Meeting Day(s)/Time: 3rd Monday, 6:30-8:00pm
Charge: No

Cody
Suicide Loss Bereavement Group
Cody, WY
Campbell County Suicide Prevention Resource List

Call for details on place and time
Contact: Angela Hansen
(307) 587-2197 or angelah@ybhc.org
Facilitated by: Mental Health Professional
Charge: No

Jackson
Support Group Meeting
970 West Broadway, Suite 206
Jackson, WY
Contact: Susan Juvelier
(307) 733-8535 or susanjuvelierlpc@gmail.com
Meeting Day(s)/Time: 3rd Tuesday, 6:30-8:00 p.m.
Facilitated by: Peer and Professional
Charge: None

Riverton
Fremont County Survivors of Suicide
Please call as meetings rotate through the county.
1111 E. Fremont Ave.
Riverton, WY
Contact: Erin Ivie
(307) 840-0152 or e.ivie@yahoo.com
Meeting Day(s)/Time: As needed
Facilitated by: Peer
Charge: None

Sheridan
Hope & Healing
205 W. Loucks
Sheridan, WY
Contact: Vanessa Hastings & Dawn Sopron
(307) 752-7016 or claypotcounseling@yahoo.com
Facilitated by: Peer/Professional
Meeting Day(s)/Time: 3rd Thursday
Charge: No
Campbell County Suicide Prevention Resource List

Attempt Survivor Resources

American Association of Suicidology (for attempt survivors) http://attemptsurvivors.com

Waking Up Alive http://wakingupalive.org


Additional Online Suicide Prevention Resources

Campbell County Suicide Prevention Coalition http://www.facebook.com/CampbellCountySuicidePreventionCoalition

Grace for 2 Brothers http://www.gracefor2brothers.com or http://www.facebook.com/GraceFor2Brothers

Grass Roots Initiative to Prevent Suicide http://gripsuicide.org

ReachOut.com – for teens and young adults www.reachout.com

Just Let it Out – for teens and young adults www.justletitout.org

The American Foundation for Suicide Prevention www.afsp.org

National Suicide Prevention Hotline http://www.suicidepreventionlifeline.org

Survivors of Suicide (SOS) http://www.survivorsofsuicide.com

American Association of Suicidology http://www.suicidology.org