



together FOR MENTAL HEALTH

June 5, 2026

Hello,

I'm reaching out to introduce you to **Wyo Text**, a free, confidential text-based support line available to people across Wyoming, and to **Cathedral Home's counseling services**, which are now available statewide via telehealth.

As city and county leaders, you sit at the center of Wyoming community life. Your newsletters, lobbies, member networks, and social channels reach the parents, employers, coaches, and young people we all care about. When someone in your community is struggling, the resources they remember are often the ones they've seen posted on a wall or shared locally.

Wyo Text - in partnership with the national Crisis Text Line, and in concert with 988 - gives people a **simple, free, confidential way for youth and families to ask for help**: no appointment, no paperwork, no waiting room. Our counseling services provide ongoing, professional care for children, teens, and families, and because we offer them via telehealth, **families in every corner of Wyoming can access the same quality of care**, whether they're in Cheyenne, Cody, or a ranch road two hours from the nearest clinic.

Enclosed you'll find posters introducing both resources. Please display them in your offices, lobbies, and gathering spaces, or pass them along to member businesses and community partners.

These and additional materials, such as flyers, social media graphics, or newsletter blurbs can be downloaded from the QR code below, or I am happy to brainstorm and provide any resources you need. I can be reached at development@cathedralhome.org

Mental health in Wyoming must stay top-of-mind for all of us, as we remain one of the lowest mental health states in the nation. Thank you for helping more kids and families know where to turn.

With gratitude,

Rachel Suarez LeBeau
Advancement Director
Cathedral Home

Wyoming has one of the highest suicide rates in the nation. By sharing Wyo Text, you can help make sure everyone knows that help is always a text away.

CRISIS TEXT LINE | X 
cathedralhome.org/741
development@cathedralhome.org
(307) 745-8997



Wyo TEXT



TEXT
WYO
TO
741741

DON'T GO IT ALONE

FREE, CONFIDENTIAL SUPPORT FOR ANYONE, FOR ANY REASON

powered by Cathedral Home & Crisis Text Line

YOU ARE NOT ALONE.



**IF THINGS FEEL HEAVY,
YOU DON'T HAVE TO
NAVIGATE ALONE.**

If you feel alone and don't know where to start, start here.
Text for confidential support through WyoText, or talk with
someone through Community Counseling. Just start.

