



Community VA S.A.V.E. Training

What is VA S.A.V.E. Training?

VA S.A.V.E. Training is a free, brief online or in-person course that will help you act with care and compassion if you come across a Veteran who is in crisis or having thoughts of suicide. The acronym S.A.V.E. helps you remember the important steps involved in suicide prevention:

S

Know the **Signs** that indicate a Veteran might be thinking about suicide

A

Ask the most important question of all —
“Are you thinking of killing yourself?”

V

Validate the Veteran’s experience

E

Encourage treatment and
Expedite getting help

VA

U.S. Department
of Veterans Affairs

Do you want to take VA S.A.V.E. Training?

Join us every second Tuesday of the month
1 p.m. to 2 p.m. via Microsoft Teams

Meeting ID: 291 587 351 628
Passcode: m8tBFu

Or call 1-205-235-3524
Conference ID: 409 121 771#

You don’t have to be enrolled in VA
benefits or health care to take VA S.A.V.E.
Training.

Additional Resources

- **VA Mental Health Services:** Get information about inpatient and outpatient services available through VA at MentalHealth.VA.gov.
- **Online Resource Locator:** Find VA facilities, Vet Centers, suicide prevention coordinators, and other VA resources at VeteransCrisisLine.net/LocalResources.
- **Don’t wait. Reach out.:** Use this site to find support and resources designed specifically for Veterans. If you’re a family member or a friend, you can also find resources for the Veteran in your life. VA.gov/REACH



**Veterans
Crisis Line**
DIAL 988 then PRESS 1

Chat at VeteransCrisisLine.net/Chat
Text 838255

The Veterans Crisis Line isn’t just for
Veterans. Our responders can connect
Veterans’ families and friends with
helpful resources.