

VA S.A.V.E.

Q: What is VA S.A.V.E. training?

A: The Department of Veterans Affairs (VA) S.A.V.E. training is a free online or in-person course taught by a VA suicide prevention coordinator that gives you the tools to help a veteran in crisis or having thoughts of suicide. The S.A.V.E. acronym helps you remember the steps for suicide prevention when helping a veteran:

S: 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

Q: What is taught during the training?

A: The training covers:

- The scope of veteran suicide in the United States.
- Signs and symptoms of suicidal thinking.
- How to identify a veteran who may be at risk for suicide.
- How to ask questions about suicide in an objective and non-threatening way.
- What to do when you identify a veteran who may be at risk for suicide.

The in-person training also may include role-playing exercises where participants ask another participant suicide prevention questions.

Q: How can members of my post take VA S.A.V.E. training online?

A: Go to <https://learn.psycharmor.org/courses/va-save> to take the free course online.

Q: How can I bring VA S.A.V.E. training to my post?

A: American Legion posts interested in hosting a VA S.A.V.E. training class can facilitate it through their local VA medical center’s suicide prevention team. A post can locate contact information for their local suicide prevention team through the [Veterans Crisis Line Resource using this link](#). Once on the website, enter a ZIP code and press search. Then select the box next to Suicide Prevention Coordinators and press search again. Once completed, you will be provided with the closest suicide prevention coordinator and their contact information.

Q: Who should participate in this training?

A: American Legion posts hosting a VA S.A.V.E. training class are encouraged to invite the entire Legion Family and members of the community to attend. Attendees do not have to be enrolled in the VA health-care system to take the training. The more individuals trained in VA S.A.V.E., the more veterans in crisis can be helped.

Q: Where can I find more information on VA S.A.V.E. training?

A: For more information about VA S.A.V.E. training, [download this guide](#).