

VA



U.S. Department
of Veterans Affairs



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Suicide Prevention Training

VA S.A.V.E Training is an **hour-long, entry-level** course to help you act with care and compassion if you encounter a Veteran in crisis or experiencing suicidal thoughts. This will be hybrid. Zoom link is available on registration form.

**Thursday, February 29, 2024
11 a.m. to 12 p.m.**

**Cañada College, Building 23, Room 103
4200 Farm Hill Road, Redwood City, CA 94061**

S

Signs of suicidal thinking should be recognized.

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.

You will learn:

- The scope of the problem of suicides among the veteran population
- The importance of suicide prevention
The negative impact of myths and misinformation
- How to identify a person who may be at risk
Some of the signs and symptoms of suicidal thinking
- How to effectively communicate with a suicidal person
- How to gain information to help the person
How to refer someone for evaluation and treatment



**Skyline
College**