

VA Suicide Prevention Trainings

Introductory Gatekeeper (SAVE) VA S.A.V.E. Training will help you act with care and compassion if you encounter a Veteran who is in crisis or experiencing suicidal thoughts. The acronym S.A.V.E. helps you remember the important steps involved in suicide prevention and is for anyone: 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.

Suicide Prevention in Health Care Settings (screening, referral and risk management practices for health care settings)

Suicide Therapeutic Risk Management and Training For behavioral health providers

Mental Health Apps These apps equip you with tools and information to assist you in managing PTSD-related symptoms and stress, learning to practice mindfulness and strengthening parenting skills. <https://mobile.va.gov/appstore/mental-health>

Suicide Prevention 101 General information on suicide prevention.

Whole Health/Wellness VA is advancing Whole Health to transform health care and improve the lives of Veterans and health care teams, including family and friends.

Military Cultural Competence The Department of Veterans Affairs (VA) and the Department of Defense (DoD) have jointly sponsored a plan to develop and implement an online Military Culture Training Curriculum for health care professionals. The curriculum for this training will encourage military cultural competency in health care professionals through the provision of interactive online training in the requisite knowledge, skills, and attitudes.

Lethal Means Lethal means are objects (e.g., medications, firearms, sharp instruments) that can be used to inflict self-directed violence. Lethal Means Safety (LMS) is an intentional, voluntary practice to reduce one’s suicide risk by limiting access to those lethal mean.

Please contact us if you have any questions or would like to have these trainings provided for you by the VA Suicide Prevention Team.

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