



## VA S.A.V.E. Training for Caregivers

*Caregivers are critical partners in preventing suicide.*

### What is VA S.A.V.E. Training for Caregivers?

VA S.A.V.E. Training for Caregivers is offered to caregivers of Veterans through the Department of Veterans Affairs' (VA) Caregiver Support Program (CSP). You, the caregiver, can act with care and compassion when you encounter signs of suicide, and you can gain confidence to have tough conversations about suicide risk with your Veteran. Suicide is preventable. VA S.A.V.E. Training develops a skill you don't want to use but you are glad to have it if ever needed.

### What are the Benefits of Completing VA S.A.V.E. Training for Caregivers?

***“The thing that I took from VA S.A.V.E. Training is that it is okay to ask the question: Are you going to kill yourself? That itself was the strongest point.”***

***-caregiver***

By participating in this training, you will:

- Have a general understanding of the scope of suicide within the United States.
- Know how to identify a Veteran who may be at risk for suicide.
- Know what to do when you identify a Veteran at risk.
- Gain access to VA S.A.V.E. resources and caregiver self-care information.
- Understand common myths and realities about suicide.
- Know your role as a caregiver as it relates to preventing suicide.
- Learn about protective factors.

## Who Can Take the VA S.A.V.E. Training for Caregivers?

Caregivers enrolled in the VA Caregiver Support Program (CSP) can participate in sessions of the VA S.A.V.E. Training for Caregivers. Please contact your local CSP team for information about how to enroll. Find your local CSP team using the locator tool:

[www.caregiver.va.gov/support/New\\_CSC\\_Page.asp](http://www.caregiver.va.gov/support/New_CSC_Page.asp).

You don't have to be enrolled in VA benefits or health care to take VA S.A.V.E. Training. Visit <http://learn.psycharmor.org/courses/va-save> to take the course online or contact your local Suicide Prevention Coordinator to schedule in-person training: <https://www.veteranscrisisline.net/find-resources/local-resources/>.

### VA S.A.V.E. Training

- 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

VA S.A.V.E. Training is the VA's broader suicide prevention training program. It has been updated to include caregivers and can be completed in-person or virtually.



**24/7, confidential crisis support  
for all Veterans and their  
loved ones**



**MAKE THE  
CONNECTION**  
[www.MakeTheConnection.net](http://www.MakeTheConnection.net)



**CALL 888-823-7458**

To learn more about CSP and its services, visit us online:

[www.caregiver.va.gov](http://www.caregiver.va.gov)

**VA Caregiver Support Line**  
☎ 1-855-260-3274 toll-free

**VA**



U.S. Department  
of Veterans Affairs