

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

*Caregivers are key in spotting warning signs of suicidal thinking.*



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

VA S.A.V.E. Training for Caregivers teaches you how to **Spot** the warning signs that a person may be experiencing thoughts of suicide and provides you with skills to **Ask** the question "Are you thinking about killing yourself?". This interactive training also supports caregivers to successfully **Validate** a person's experience and to **Encourage** and **Expedite** treatment. It is offered to caregivers of Veterans through the Department of Veterans Affairs' (VA) Caregiver Support Program (CSP) and it includes information on a caregiver's risk for experiencing suicidal thinking, as well as evidence-based treatments, resources and supports available to caregivers.

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

- S** **Spot** the signs of suicidal thinking
- 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

*"I like the S.A.V.E. acronym. It makes it easy to remember. It gives me courage to initiate a conversation if needed. I plan to share the S.A.V.E. system with family members to help them be more prepared also."*

-Caregiver

VA S.A.V.E. Training is the VA's broader suicide prevention training program. It has been updated to address caregivers' risks and support resources, as well as skills to start conversations with Veterans about thoughts of suicide. It can be completed in-person or virtually.



## Crisis Numbers:

Veterans or people concerned about a Veteran, Dial 988 then Press 1 to connect with the Veterans Crisis Line.

- Veterans can also text 838255 or chat at <https://www.veteranscrisisline.net/get-help-now/chat/>.



Caregivers will receive help for themselves by texting or calling 988.

- Or go to <https://988lifeline.org/chat/> where you can chat with a crisis counselor online 24/7/365.

[Find the right Veteran Resources Quickly and Easily | Don't Wait. Reach out. \(va.gov\)](#)

**988**  
SUICIDE & CRISIS  
LIFELINE

By participating in this 2-hour training, you will:

- Understand we care about YOUR mental health and caregiver support needs.
- Be able to **spot** the signs of someone experiencing thoughts of suicide so you can ask your Veteran, another caregiver, or anyone who is at risk for suicide about them to successfully **expedite** help.
- Learn skills to talk about secure storage of firearms and other "lethal means safety" with your Veteran.
- Gain access to VA S.A.V.E. resources, self-care resources and secure storage resources.

## 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

<https://learn.psycharmor.org/courses/va-s-a-v-e> to take the course online (30 minute video) or contact your local Suicide Prevention Coordinator to schedule in-person training:

<https://www.veteranscrisisline.net/find-resources/local-resources/>.

For more detailed information on helping prevent suicide among caregivers, go to

VA S.A.V.E. Preventing Caregiver Suicide

<http://learn.psycharmor.org/courses/va-save-preventing-caregiver-suicide> (30 minute video).

