

S A V E

Signs of suicidal thinking

- Feeling like there is no way out
- Experiencing anxiety, agitation, sleeplessness or mood swings
- Feeling like there is no reason to live
- Withdrawing from family and friends

Ask questions

- Remain calm
- Listen more than you speak
- Maintain eye contact
- Limit questions: let the Veteran do the talking
- Act with confidence

Validate experience

Encourage treatment

There are no quick solutions, but help is available.

Free Suicide Prevention Training

VA S.A.V.E.

This one-hour training presents an overview of suicide prevalence, risks and warning signs. It also provides guidance on how to intervene when someone is suicidal. This training will highlight unique risks to Veterans and provide information on how to access VA resources.

Please join us virtually for any of the following sessions:

The 3rd Friday of every month from 11:00a-12:00p.

Email VHADETsuicidepreventionteam@DVA.gov.onmicrosoft.com to register.

Veterans Crisis Line
1 800 273 8255 PRESS 1

VA | U.S. Department of Veterans Affairs
Veterans Health Administration
John D. Dingell VA Medical Center

REGISTERED PARTICIPANTS WILL RECEIVE THE TEAMS LINK PRIOR TO TRAINING.