

## Join us for VA S.A.V.E. Training in New Ulm



U.S. Department  
of Veterans Affairs



# VA S.A.V.E. Training

## Supporting Our Veterans

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

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:

- 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 can prevent Veteran suicide.**  
**Start by learning the VA S.A.V.E. acronym.**

**Veterans, Their Families,  
and All Community  
Members Welcome!**

**Monday, July 22, 2024  
11 a.m. – 1 p.m.**

**Cost:** Free

Lunch will be provided,  
courtesy of Minnesota Valley  
Funeral Homes



**Location:**

New Ulm Field Maint. Facility  
2100 Palmer Drive, New Ulm

**Presenter:**

**Andrea Perry, RN, MN**  
Minneapolis VA Health Care  
System — Suicide Prevention,  
Community Engagement and  
Partnerships Coordinator

**Registration link:**

<https://tinyurl.com/VASAVE>

**Brought to you by**

**Heart of  
New Ulm**   
*Supporting a culture of wellness*

*Brown County  
Mental Health  
and Wellness  
Action Team*

A call, chat, or text can be lifesaving.

Dial 988 then Press 1

Chat at [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat)

Text 838255

**Veterans  
Crisis Line**  
  
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Press 1