



NORTH DAKOTA VETERANS AFFAIRS

Invites all North Dakotans to accept the

"Commissioner's Challenge" ***on Suicide Prevention***

July 1st, 2019 through October 31st, 2019

I am Challenging organization leaders in ND to accept the challenge of ensuring your members take the S.A.V.E. training

This challenge involves only 25 minutes of your time viewing a suicide prevention video, which could make a difference in the life of someone you love. The video was a collaborative effort between the U.S. Department of Veterans Affairs and PsychArmor Institute, designed to empower viewers with the basic knowledge of what the signs may be for someone who is struggling with the thoughts of suicide and it provides ideas on how to help. While the video refers to Veterans, the principles are universal, so let's make a difference in North Dakota with S.A.V.E.!!

To register and take the training please go to:

<https://psycharmor.org/sign-up/ndsava/?gid=351472&unDaDziBt7dbY>

For in person training: https://www.fargo.va.gov/services/Suicide_Prevention_Program.asp

To request a certificate email: NDCares@nd.gov with the name used for registration

Goal: 100,000 North Dakotans watch the video

Please create a "SAVE" contact in your phone with the following:

<https://www.veteranscrisisline.net>

Call: 1-800-273-8255

Text: 898-211

The Commissioner's Challenge is conducted in partnership with PsychArmor Institute, and in collaboration with FirstLink of ND, the ND National Guard, and ND Cares.

