



S.A.V.E. Suicide **Prevention Training** **& Safe Messaging**

Presented By: Laura Kunstleben, BSN MS

Laura Kunstleben, BSN MS is the Community Engagement Partnership Coordinator (CEPC) at the St. Cloud Veterans Administration Medical Center. She has been with the St. Cloud VAMC since 2007 and has been the CEPC since March 2018. She is considered a suicide prevention expert and has been building community suicide prevention coalitions within the 27 counties the St. Cloud VA covers.

**YOU'RE INVITED ~ PLEASE JOIN US OVER YOUR LUNCH
FOR THIS INFORMATIONAL SESSION!**

Three Opportunities To Join Us:

- March 23rd, 11am-12pm
- April 7th, 12-1pm
- April 19th, 11am-12pm

Location: Online via Zoom

Register here: <https://www.eventbrite.com/e/145758211735>

ATTENDEES WILL LEARN:

- A general understanding of the scope of suicide in the US;
- Myths and facts about suicide;
- **SIGNS** of someone thinking about suicide;
- How to **ASK** questions;
- **VALIDATE** the person's feelings;
- **ENCOURAGE/EXPEDITE** getting help; and
- What Safe Messaging & Reporting means and why it matters

Training is brought to you by: The **Central Minnesota Suicide Prevention Coalition**

For more information about our coalition or on how YOU can get involved, please email: CentralMNSPCoalition@gmail.com

End suicide by Empowering, Educating, Equipping, and Engaging the Community