

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

**C.A.R.E
KIT**

PREVENTION

**Start a conversation
about suicide**

C A R E

CHECK-IN



Say something like:

**"I care about you and I'm here
if you ever want to talk about
anything, big or small."**

Let them know you're there for them, and then give the time and space to open up. This might be by gently nodding as they talk or validating what they say by letting them know you understand how intensely they feel about their situation.