

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

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

PREVENTION

**Start a conversation
about suicide**

C A R E

ASK



Say something like:

**"How are things at work? You've
seemed really busy lately."**

Referring to stuff that's going on in
their life shows that you've been paying
attention and really do mean what you say.