

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

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

PREVENTION

**Start a conversation
about suicide**

C A R E

REMAIN



Say something like:

**"Let's catch up, I'd love to hear
how you're doing. How about
this week sometime?"**

Give time frames or spaces where you're available to talk or happy to help. Try not to be vague or leave things open ended. Being specific makes it clear that you really are prepared to be supportive and helpful.