

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

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

PREVENTION

**Start a conversation
about suicide**

C A R E

REMAIN



Say something like:

**"Who would you chat to
if you were feeling super
stressed or worried?"**

There doesn't need to be something wrong to have a conversation. It's good to have general check ins about mental health stuff so that everyone knows what to do if things get tough. Asking questions like this one is a good way to introduce talking about feelings, emotions and tough situations.