



# Pain isn't always obvious. Asking about suicide can help save a life.

## WHAT CAN YOU DO?

- Participate in a Caltech Connect training and learn how to talk with someone struggling with suicidal thoughts  
**register at: [caltechcares.caltech.edu/training](https://caltechcares.caltech.edu/training)**
- Make a CARE referral and help your friend connect to resources
- Consult with Counseling Services or the deans



**Caltech** Connect  
[caltechcares.caltech.edu](https://caltechcares.caltech.edu)

Make a  
CARE  
Referral:

