Talking to someone who is DEPRESSED

It can be hard to know what to say — and not say — to someone who’s depressed. Here are some tips:

Avoid saying:

- “Snap out of it.”
- “I know just how you feel.”
- “Aren’t you grateful for all you have?”
- “It’s all in your head.”
- “You’re strong enough to handle this on your own.”

Do say:

- “I’m here for you.”
- “Have you told your doctor how you feel?”
- “It’s ok for you to feel this way.”
- “Do you have any thoughts of suicide?”
- “There’s hope and help for you.”