

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.”



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