

13 Things To Say & 13 Things Not To Say To A Friend With Depression

WHAT TO SAY

- "SOMETHING SEEMS TO BE BOTHERING YOU HOW ARE YOU FEELING?"
- "I'VE NOTICED YOU HAVEN'T BEEN HAVING LUNCH WITH US? ARE YOU DOING ALRIGHT?"
- "HAVE YOU TALKED TO ANYONE ABOUT HOW YOU'VE BEEN FEELING?"
- "WHAT YOU'RE GOING THROUGH IS REAL. YOU SHOULDN'T FEEL BAD FOR FEELING THIS WAY"
- "WOULD YOU LIKE TO GET SOME FOOD AND TALK ABOUT IT?"
- "YOU'RE NOT ALONE IN THIS AND I AM HERE FOR YOU"
- "IS THERE ANYTHING I CAN DO FOR YOU?"
- "WHAT YOU ARE FEELING DOESN'T MEAN YOU ARE WEAK OR A FAILURE"
- "YOU ARE IMPORTANT TO ME"
- "HOW LONG HAVE YOU FELT THIS WAY?"
- "YOU DON'T HAVE TO FEEL ASHAMED, THIS ISN'T YOUR FAULT"
- "IT'S HARD FOR ME TO UNDERSTAND WHAT YOU'RE GOING THROUGH BUT I SEE IT'S MADE YOU UPSET"
- "IT SEEMS LIKE YOU ARE DISTRESSED ABOUT THIS. DO YOU WANT MY OPINION? I THINK IF YOU'VE FELT THIS WAY FOR A LONG TIME YOU COULD TALK TO YOUR FAMILY PHYSICIAN"

WHAT NOT TO SAY

- "IS IT REALLY THAT BAD? EVERYONE FEELS SAD SOMETIMES"
- "YOU'LL GET OVER IT, JUST MOVE ON"
- "PULL YOURSELF TOGETHER"
- "HOW CAN YOU BE SO SAD WITH EVERYTHING YOU'VE BEEN GIVEN"
- "SMILE AND YOU WILL FEEL BETTER"
- "IF YOU WERE A LITTLE LESS SELFISH, YOU'D PROBABLY BE HAPPY"
- "I THOUGHT YOU WERE STRONG ENOUGH TO NOT LET THESE THINGS BRING YOU DOWN"
- "STOP FEELING SORRY FOR YOURSELF"
- "I UNDERSTAND EXACTLY WHAT'S HAPPENING TO YOU, I KNOW THE FEELING"
- "YOU DON'T LOOK DEPRESSED"
- "WHY ARE YOU BEING SO PESSIMISTIC? YOU'RE BUMMING ME OUT"
- "YOU THINK YOUR SITUATION IS BAD, BUT I HAVE ALL THIS GOING ON IN MY LIFE"
- "YOU'RE JUST BEING LIKE THIS TO GET ATTENTION"