

Don't say:


**"You need to relax
and breathe
instead of letting
the drama get to
you."**

Say instead:

**"Having a normal
emotional reaction
to a stressor isn't
being dramatic.
I want to help."**

Don't say:

"I get sad
sometimes
too."




Say instead:

"I know depression is
different from
sadness.
How can I help?"



Don't say:

**"Tomorrow is a
new day."**




Say instead:

**"I understand life has
been really hard
lately. How can I
support you?"**



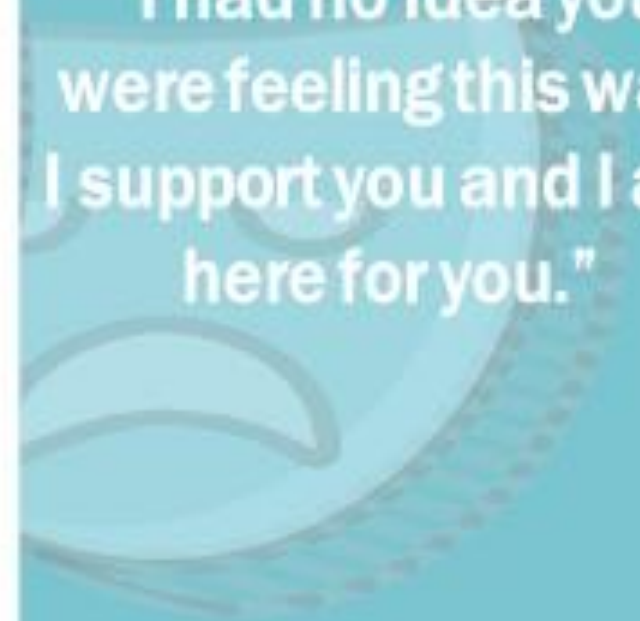
Don't say:

"But your life is so good!"



Say instead:

"I had no idea you were feeling this way. I support you and I am here for you."



Don't say:

"Push through it."



Say instead:

**"I want to help you find
the strength to
fight this. You're not
alone."**

