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.”