

Things You Should Never Say to a Person Struggling with Depression

“This will pass.”

“Being depressed is better than ... “

“Try thinking positive.”

“Have you tried exercise?”

“You just need X.”

“Count your blessings.”

“Look at what you’ve been blessed with.”

“Everyone has problems.”

“Other people have it worse.”

“Don’t feel sorry for yourself.”

“I know how you feel.”

“You’re stronger than this.”

“Life goes on.”

Things You Can Say and Do for a Person Struggling with Depression

Listen to them! This is the single greatest thing you can do.

Be there for them.

Encourage the person go seek professional help

“I care!”

“I’m sorry you’re in so much pain. I am not going to leave you.”

“I’m here for you.”

“What can I do for you?”

“What kind of thoughts are you having?”

“This is not your fault.”

Need help? In the U.S., call 1-800-273-8255 for the National Suicide Prevention Lifeline.

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