



# Learn what to say to Make It OK

Talking about mental illnesses can be difficult. Here are some tips:

## do say:

- “Thanks for opening up to me.”
- “How can I help?”
- “I’m sorry to hear that. It must be tough.”
- “I’m here for you when you need me.”
- “I can’t imagine what you’re going through.”
- “Can I drive you to an appointment?”
- “How are you feeling today?”

## don’t say:

- “It could be worse ...”
- “Just deal with it.”
- “Everyone feels that way sometimes.”
- “We’ve all been there.”
- “You’ve got to pull yourself together.”
- “Maybe try thinking happier thoughts.”
- “Oh man, that sucks.”

Learn more at [Make It \*\*OK\*\*.org](https://www.makeitok.org)