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 MakeItOK.org