Your friend told you she is struggling with depression. What can you say?

**do say:**
- “Thanks for opening up to me.”
- “How can I help?”
- “I’m here for you when you need me.”
- “I can’t imagine what you’re going through.”
- “I’m sorry to hear that. It must be tough.”
- “I’m here for you when you need me.”
- “How can I help?”

**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