

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

“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?”

do say:

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

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

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.”

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