

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

“Pull yourself together.”
“Stop being so dramatic.”
“Maybe try thinking happier thoughts.”
“We’ve all had those days.”
“Everyone feels that way sometimes.”
“It could be worse.”

What not to say:

Talking about mental health and illnesses can be hard. It doesn't have to be.

Learn what to say to [Make It OK](https://www.makeitok.org)

Learn what to say to [Make It OK](https://www.makeitok.org)

Talking about mental health and illnesses can be hard. It doesn't have to be.

What to say:

“Do you want to talk about it?”
“I’m here for you.”
“I’m here to listen.”
“How can I help?”
“I got you.”
“Are you getting the support you need?”
“Can I help you find care and resources?”
“How are you doing today?”
“I love you.”

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