



## Learn what to say to **Make It OK.**

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.”
- “Are you getting the support you need?”
- “How can I help?”
- “Can I help you find care and resources?”
- “I got you.”
- “How are you doing today?”
- “I love you.”

### What **NOT TO SAY:**

- “Everyone feels that way sometimes.”
- “We all have those days.”
- “It could be worse.”
- “Stop being so dramatic.”
- “Quit exaggerating.”
- “Try thinking happy thoughts.”
- “It’s just a phase.”
- “Pull yourself together.”

**Words matter. Stop the silence and start caring conversations.**

Learn more at **Make It .org**