



# How to Talk to Someone with a Mental Illness

## What not to Say

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- “You really need to snap out of it.”
- “There are other people who have it worse off than you.”
- “Happiness is a choice.”
- “But you don’t look depressed.”
- “Stay away from therapy and drugs.”
- “You’re just doing this for the attention.”
- “You must not want to get better.”
- “You’re just lazy.”
- “You need to just calm down.”
- “What you’re worrying about is really not a big deal.”

## What to Say Instead

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- “I’m here for you.”
- “What can I do to help?”
- “I like \_\_\_\_\_ about you.”
- “There are ways to get through this difficult time.”
- “I’ve been through it, too.”