

Learn what to say to Make It OK



Talking about mental illnesses can be difficult. Here are some tips:



"Thanks for opening up to me."

"How can I help?"

"Thanks for sharing."

"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."

"People do get better."

"Can I drive you to an appointment?"

"How are you feeling today?"

"I love you."



"It could be worse.."

"Just deal with it."

"Snap out of it."

"Everyone feels that way sometimes."

"You may have brought this on yourself."

"We've all been there."

"You've got to pull yourself together."

"Maybe try thinking happier thoughts."

"Oh man, that sucks."

Learn more at Make It  .org