



Start a conversation

with someone struggling
with mental health

Try: I care about you and want to help.

Avoid: We all go through times like this.

Try: Tell me what I can do to help.

Avoid: What do you want me to do? I can't solve this for you.

Try: You are not alone in this. I'm here for you.

Avoid: You'll be fine. Stop worrying.

Try: I'm here to listen.

Avoid: Here is my advice...

Try: We will get through this together.

Avoid: Everyone has their own issues to deal with.

