

SAY THIS, NOT THAT:

AVOIDING AWKWARD
CONVERSATIONS ABOUT
MENTAL HEALTH



DON'T SAY:

"Snap out of it!" or "Get over it!"



"Lighten up!" or "Just put a smile on your face!"



"You don't seem that bad to me."



SAY:



Remind the person that their mental health challenge is a real health problem and they are not to blame for feeling "down."



Acknowledge that the person is not "faking," "lazy," "weak," or "selfish."



Offer information about their mental health challenges and suggest appropriate resources in your area.

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