**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.

Get trained in Mental Health First Aid
MentalHealthFirstAid.org