

10 THINGS TO
NEVER SAY



TO SOMEONE WITH DEPRESSION

- #1 “Don’t think about it.”**
- #2 “Just think positively.”**
- #3 “Be grateful.”**
- #4 “No one ever said life was going to be easy.”**
- #5 “It’s all in your mind.”**
- #6 “Stop feeling sorry for yourself.”**
- #7 “You don’t look depressed.”**
- #8 “I know how you feel—I’m sad, too.”**
- #9 “What do you have to be depressed about?”**
- #10 “You need a hobby.”**

