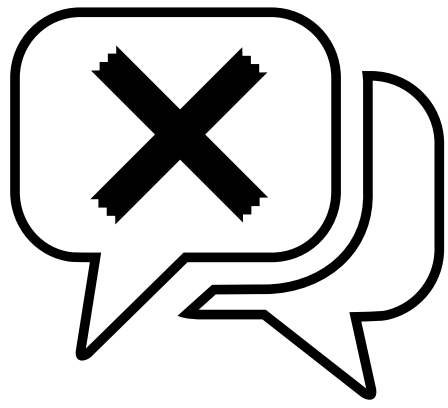
10 THINGS TO NEVER SAY



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."

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