

# gracepointechurch

## What you can say to encourage those walking through depression

Depression and Bipolar Disorders affect millions of people. Family and Friends of individuals diagnosed are affected too. You may be feeling helpless, overwhelmed, confused or hopeless. You may also have feelings of guilt, shame, sadness or fear. All of these feelings are normal.

### Phrases that may not be helpful...

- It's all in your head.
- We all go through times like this.
- You'll be fine, stop worrying.
- Look on the bright side.
- Just snap out of it.
- What's wrong with you?
- Shouldn't you be better by now?
- There are people suffering with bigger problems than you have.
- Let me tell you about my experience.

### What you can say that may be helpful...

- You are not alone in this, I am here for you.
- I may not understand exactly how you feel but I care about you and want to help.
- You are important to me.
- Tell me what I can do to encourage you.
- We will get through this together.
- Can I just sit with you?