

Tips: How do I say it?

Finding the words can be the hardest part of reaching out to someone. You don't need to be a mental health expert to say things effectively, though. Speaking as your authentic self is enough. If you're looking for some ideas for what to say, many Emotional Support Humans use these phrases.



"How have you been feeling, lately, really?"

"How is therapy going?"

If you know someone is in therapy, it's OK to ask them about it.

"It might just be me, but you haven't seemed like yourself lately. Is everything OK?"

"What can I do to help you feel better?"

"Tough times in the news today. How are you holding up?"

"Are you dealing with a stressful time right now?"

Use feeling words.

Try asking about:

Stress.
Worry.
Sadness.



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**Do NOT say
"things could
be worse."**

Instead ask,
"What can I do
to help you feel
better?"

**Do NOT tell
someone to
"get over it" or
"snap out of it."**

Instead, ask
what you can
do to help them
feel better.

**Do NOT
say "you're
probably just
tired."**

Instead, use
feeling words to
ask about their
stress, worry, or
sadness.

**"Is anything
bringing
you joy this
week?"**

**"Hey, you
haven't been
responding
to my
texts lately.
Are you OK?"**

**"Is this a good
time to talk?
When is a
better time?"**

