Things to say / Things not to say

Things to do and things not to do, to help a person who is going/ already been through a mental health crisis.

Helpful

Unhelpful

This lets them know, you are there for them. Allowing them to feel safe to be able to talk to you.

'I'm here for you, if you want to chat'

'It's all in your head'

Makes people feel what they are going through isn't true.

This gives the person a option and the feeling you don't have to tell them if you don't want to

'Do you want advice or for me to just listen?'

'You're too young to feel like this'

This shows them what they're going through can only happen at a certain age, (but it happens to everyone).

This lets them know - even though it's bad now, it will get better.

'Everything is going to be ok'

'Not everything is about you'

This makes people think what they're going through isn't important.

This comforts people about their scared thoughts and gives them a chance to think about what they want to do.

'Don't do anything you don't feel comfortable with'

'Things could be so much worse'

This makes people feel, what they have been through doesn't matter. You need to remember everyone goes through different situations.

'I'm here for whatever you need'

'You're being selfish'

This allows people to feel safe, even if they're not ready to talk about what their going through.

This makes people insecure talking, about what has happened to them, meaning they might not get the help they need.