



Things not to say





Things to say



"You have taken a big step by talking about this."

"I am grateful that you have shared this with me."

"I understand how hard it must be to share."

"There are people that can help you through this."

"There is help available and I will help you find it."

"You can get through this."

"I can see how difficult it must be for you."

"This feeling will not last forever."

That's okay.