

Things not to say

Pull yourself together

Don't be selfish

Just stop thinking about it

What about your family?

You don't know how good you've got it

Get over it

Just get on with it

Get a grip

There are people worse off than you

Man up



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."

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

"This feeling will not last forever."

"You can get through this."

That's okay.

