What **not** to say to a friend experiencing a **mental health** problem

Social Change UK
Research and marketing that matters

It's all in your mind

You need to get out more

You are always so negative

You need to stop feeling sorry for yourself

Things aren't that bad

It sounds like you're going crazy

You don't look anxious or depressed

But you have nothing to worry about

Stop looking for attention

Just snap out of it. Get over yourself

No one ever said life was fair

There is nothing even wrong with you

Things could be so much worse

You aren't pushing yourself enough

I always knew you had a problem

It's your own fault

Stop complaining all the time