“Everything happens for a reason.”

“I may not know why this is happening, but we can get through it together.”

WHAT YOU SAY MATTERS.

Learn what to say at DenverGov.org/WhatYouSayMatters
"It's all in your head."

"Your experience is real, and your feelings are valid."

WHAT YOU SAY MATTERS.

Learn what to say at DenverGov.org/WhatYouSayMatters
"What's wrong with you?"

“Tell me how you feel.”

WHAT YOU SAY MATTERS.

Learn what to say at DenverGov.org/WhatYouSayMatters
“Of course you’re depressed. Everyone is these days.”

“What you say matters.

“Having depression is real and you are not alone in this experience.”

WHAT YOU SAY MATTERS.

Learn what to say at DenverGov.org/WhatYouSayMatters
“Therapists aren’t real doctors.”

“I’m proud of you for taking care of yourself. You are important to me.”

WHAT YOU SAY MATTERS.

Learn what to say at DenverGov.org/WhatYouSayMatters
“Things could be worse.”

“What you’re going through sounds really difficult, but you are not alone.”