

~~"Everything happens for a reason."~~

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

WHAT YOU SAY MATTERS.



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~~"It's all in your head."~~

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



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~~"What's wrong with you?"~~

"Tell me how you feel."

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~~"Of course you're depressed.
Everyone is these days."~~

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

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~~"Therapists aren't real doctors."~~

"I'm proud of you for taking care of yourself. You are important to me."

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~~"Things could be worse."~~

"What you're going through sounds really difficult, but you are not alone."

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