

Unhelpful things to say to someone with depression

Try and cheer up	You haven't got it worse than anyone else in the class!	Get a grip!
Think positively	Nobody ever said life was fair	You don't look depressed!
When I'm depressed I eat chocolate - that always cheers me up!	Stop feeling sorry for yourself	Have you got PMS?
What's your problem?	It's a beautiful day, that should cheer you up!	Snap out of it!
It's all in your mind	Happiness is a choice!	Just stop thinking about it!
I thought you were strong enough to manage everything	Things aren't that bad are they!	Go out and have some fun!