

# Best Things to Say to Someone Who Is Depressed

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 [healthyplace.com/depression/support/best-things-to-say-to-someone-who-is-depressed/](https://www.healthyplace.com/depression/support/best-things-to-say-to-someone-who-is-depressed/)

*What do you say to someone who is severely depressed? Here are some suggestions for talking with a depressed person.*

It is not always easy to know what to say when a person you care about is clinically depressed. Here are some words to say that will show your support, while acknowledging the depressed person's right to feel his or her feelings.

1. "I love you!"
2. "I care."
3. "You're not alone in this."
4. "I'm not going to leave/abandon you."
5. "Do you want a hug?"
6. "When all this is over, I'll still be here and so will you."
7. "Would you like hold my hand and talk about it?"
8. "I can't fully understand what you are feeling, but I can offer my compassion."
9. "I'm sorry you're in so much pain."
10. "I have empathy for what you are going through."
11. "I am not going to leave you. I am going to take care of myself, so you don't need to worry that your pain might hurt me."
12. "I can't imagine what it's like for you. I just can't imagine how hard it must be."
13. "You are important to me."
14. "If you need a friend, I am here."

Also read "[Best and Worst Things to Say to Someone Who is Depressed](#)"