

# What to Say to a Depressed Christian Friend

A simple helper guide for caring without fixing, preaching, or shaming.

## Say this

I am sorry it is this heavy.

You are not a burden to me.

I do not need you to explain it perfectly.

Can I sit with you or check in tomorrow?

Would it help if I helped you find support?

If you are not safe, I want to help you get immediate help.

## Avoid this

Just choose joy.

Other people have it worse.

You need more faith.

Have you tried praying harder?

You are being selfish.

I know exactly how you feel.

## If they may not be safe

Stay with them if you can. Help them call or text 988 in the U.S., contact emergency services, or get near a trusted person. Do not leave a person alone if you believe they are in immediate danger.

This resource is encouragement and resource navigation, not therapy, medical advice, diagnosis, treatment, or crisis care. If you are in immediate danger or might hurt yourself, call or text 988 in the U.S., contact emergency services, or get near a trusted person now.