

# Supportive Phrases

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"You don't have to do this alone. How can I help support you."

"You are so loved and I'm here for you"

"This isn't your fault, you deserve support"

"This doesn't define who you are, I believe in you"

"I may not fully understand but I am here for you and I'm not going anywhere"

"That sounds really difficult but thank you for sharing with me, i'm really proud of you"

"Can you tell me more about how that feels for you?"

""Your struggles are completely valid, you don't ever need to feel scared or embarrassed to talk to me. I'll never judge you.""



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