



LANGUAGE SCRIPT EXAMPLES IN RESPONSE TO CYP WITH DEPRESSION



1

**'DO YOU KNOW HOW LONG YOU
HAVE BEEN FEELING LIKE THIS?'**

2

**'I WONDER IF THERE IS ANYTHING WE CAN
DO TO HELP YOU MANAGE THESE
FEELINGS?'**

3

**'IF YOU HAD THE POWER TO CHANGE
ONE THING, WHAT WOULD THAT BE?'**

4

**'WHAT WOULD FEELING BETTER
LOOK LIKE FOR YOU?'**

**ACTIVE LISTENING AND EMPATHIC
RESPONSES ARE KEY COMPONENTS IN
HELPING CYP FEEL SEEN AND HEARD.**