

What do I say to someone with breast cancer?



There's no single "right" thing to say, but your words matter. Be present, listen, and offer specific help. **Try saying:**

"It's okay if you don't text me back."

"I'm not sure what to say, but I care."

"I'm heading to the store—give me your list."

"Can I host your kids Thursday?"

Your support matters long after treatment ends.
Meet your loved one where they are.

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What NOT to say



You may make mistakes—and that's okay. **Just avoid:**

“Just stay positive”
(dismisses feelings)

“How am I going to get through this?”
(puts burden on them)

“I’ll always be here”
(unless you mean it)

Saying nothing
(silence can hurt)

For more tips and resources, visit
lbbc.org/what-to-say

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