

Know someone struggling with their mental health?

Be There from anywhere.

Learn how to start the conversation, show you care and help someone get the help they deserve.

Learn how at **BeThere.org**



Be There Golden Rules

a resource by
jack.org

- 1

Say what you see

Speak to the facts without making assumptions.

Hey, haven't heard from you in a while. How's it going? You doing alright?
- 2

Show you care

Simply knowing someone is there for you can make a huge difference. Actions often speak louder than words.

I care about you. What can I do to help? I'm here if you need anything.
- 3

Hear them out

Open up space for them to speak. Ask follow up questions and validate how they're feeling.

I hear you, that sounds super hard. Can you tell me more about that?
- 4

Know your role

Set boundaries to protect your relationship and your own mental health.

My job is to just be there and listen, not to fix things.
- 5

Connect to help

Offer support to help them find resources, get help and know what to expect.

You're not alone. Have you thought about talking to a professional or an adult you trust in your community?