



## Building **Be There**

### **The Need**

Of 1,200 young people surveyed across Canada, 83% said they've supported a friend struggling with their mental health but only 39% of them felt they were adequately prepared to offer the support that was needed. Be There answers questions young people are asking about how to support someone who might be struggling with their mental health.

### **The Research**

Be There is based on the content presented in Jack Talks which is approved by Jack.org's Mental Health Committee. Feedback from Jack Talks audiences and data from a survey of over 1,200 youth in Canada made it clear that young people want, and need, to know more. It's not enough to talk about mental health; young people want the knowledge and skills to support one another through mental health struggles. We compiled the top 73 most common questions we heard from young people and scoured dozens of websites, blogs, articles and other resources to find the answers. It wasn't easy; existing resources are fragmented, hard to find and full of impersonal clinical jargon. But the answers are out there (we didn't make this stuff up!) we just had to find it, translate it into relatable language, and turn it into what we hope will be the go-to resource for young people looking to support someone struggling with their mental health.

### **The Content**

The wealth of information we found was boiled down to 34 pages of wisdom and organized into eight main sections:

1. Be There Basics
2. Say What You See - Learn how to break the ice and start the conversation.
3. Show You Care - Learn how to build trust and support someone.
4. Hear Them Out - Learn how to be a good listener and balance the conversation.
5. Know Your Role - Learn how to set boundaries to protect your mental health.
6. Connect To Help - Learn how to access professional and community resources.
7. Be There For Yourself
8. Be There in a Crisis

Be There can't tell you exactly what to do to support someone because every person and situation is different. Instead, the Golden Rules are a guide to understanding how to be there in whatever circumstances you find yourself.

## The Design

The design of Be There is grounded in Social Cognitive Theory which explains how we learn new things by observing other people's behaviour. If we consider ourselves similar to someone we're observing, we can also gain confidence in a skill by seeing them succeed in it.

Everyone learns differently so Be There delivers information in a variety of formats through an online platform. In addition to engaging written material, Be There includes two types of videos. Each section of the website begins with a short tutorial summarizing the contents of the page. Each of the five Be There Golden Rules also includes two or three real, unscripted stories that show how young people are putting Be There to work. These stories, featuring pairs of friends, siblings and colleagues, do more than just illustrate the application of the Golden Rules; they inspire and empower the viewer who sees young people, perhaps not so unlike themselves, sharing how they learned to be there for one another in real life situations.

## The Result

Be There is a game-changing resource for youth mental health. It's an educational digital platform on how to be there for someone struggling with their mental health. We're not close to done yet. This is an iterative process based on evaluation and feedback, meaning Be There will continue to adapt and evolve like every Jack.org program. We're committed to ensuring that from May 6, 2019, forward, young people have an engaging and comprehensive resource to learn how to support people in their lives when struggling with their mental health.



## References

- [Foundry – Supporting Others](#)
- [Headspace – Suicidal Ideation](#)
- [HeretoHelp](#)
- [Corey Keyes](#)
- [Mind – Helping Someone Else](#)
- [Mind – Seeking Help](#)
- [Mind – How Can I Look After Myself?](#)
- [Mind – How to cope when supporting someone else](#)
- [Family Caregiver Alliance – Taking Care of YOU](#)
- [Kelty Mental Health - Types of Therapy](#)
- [Seize the Awkward](#)
- [Canadian Psychological Association - Self-Care for Caregivers](#)
- [Elizz – Caregiver Guilt](#)
- [Lifesigns - Guidance for Others](#)
- [Youth Space – Helping Someone Dealing with Suicide](#)
- [Youth Space – Helping Someone Dealing with Self-Harm](#)
- [The Mighty – 10 Ways to Support a Loved One in a Psychiatric Hospital](#)
- [The Mighty – To My Friends Who Visited Me in the Psychiatric Ward](#)
- [Good Therapy – What Will Happen in My First Therapy Session?](#)
- [Good Therapy – Myths About Therapy](#)
- [Good Therapy – How to Choose the Best Therapist or Counselor for You](#)
- [Befrienders Worldwide – Helping a friend](#)
- [Crisis Intervention and Suicide Prevention Centre of BC – pg. 8, 10-12](#)
- [MHFA Canada Manual - Chpt. 5 pg.7, Chpt. 8 pg. 1-2](#)
- [safeTALK Resource Book – pg. 15](#)
- [ASIST Manual w– pg. 10](#)
- [Bell Let's Talk Toolkit - Let's Talk with a friend](#)