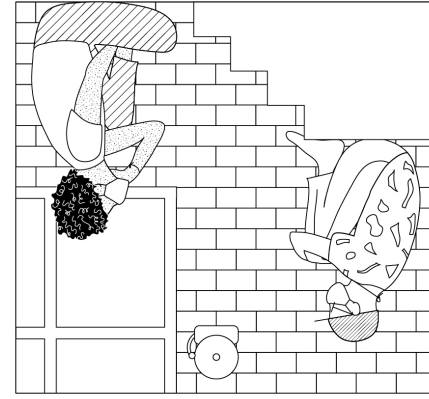


Actions often speak louder than words. Look for practical ways to help someone through their day. But don't assume you know what they need, ask them. If they're not sure, offer some suggestions.



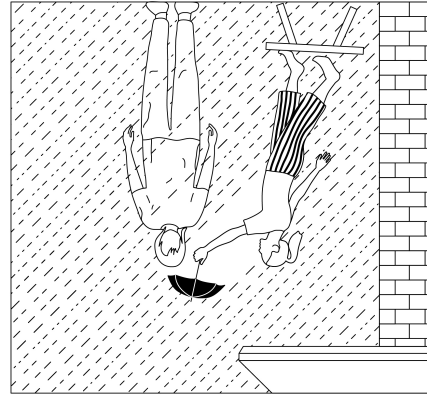
**Show you care**

Listening is a skill. Things like making eye contact, uncrossing your arms, not interrupting and asking open-ended questions make a big difference in helping someone open up and feel heard.



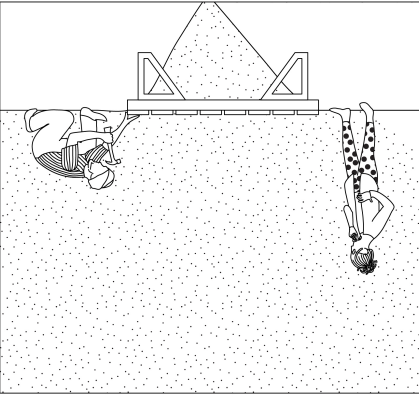
**Hear them out**

It's natural to want to fix things, but that's not your job. Just listen, be there and connect them to help. Setting boundaries on things like your time and emotional capacity can help protect your friendship and your mental health.

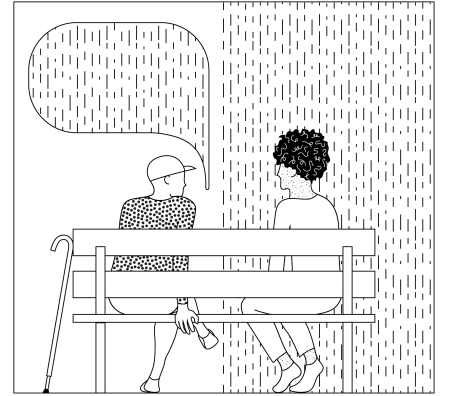


**Know your role**

The key here is teamwork. You can't force someone to get help, but you can let them know what's available and what to expect. Do your research and help them troubleshoot barriers like cost, scheduling and transportation.



**Connect to help**



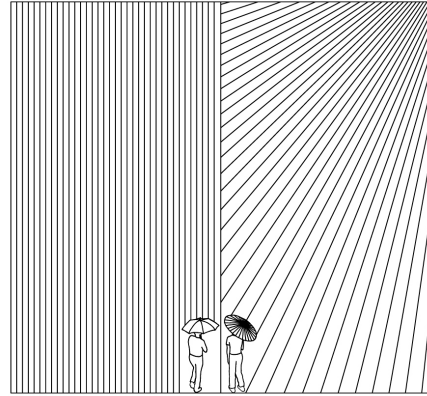
**Say what you see**

If you're worried someone is struggling with their mental health, describe the changes you've noticed in them and ask how they're doing. Don't make assumptions, just stick to the facts.

## THE 5 GOLDEN RULES

1. Say what you see
2. Show you care
3. Hear them out
4. Know your role
5. Connect to help

If you notice a change in someone that is intense, long-lasting and having a big impact on their day to day, they might be struggling with their mental health. Every situation is different, but these 5 Golden Rules can help you be there for someone, no matter the circumstances.



**Be There**

A pocket guide to supporting someone struggling with their mental health.

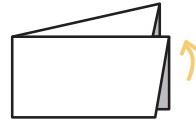
# Be There

A resource by  
**jack.org**

# Instructions to making a Be There pocket guide.



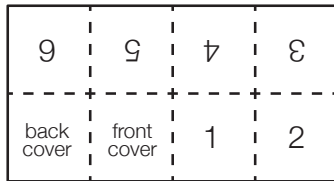
① Fold in half



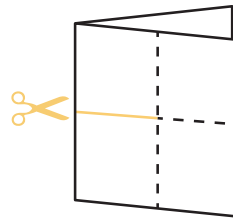
② Fold in half again



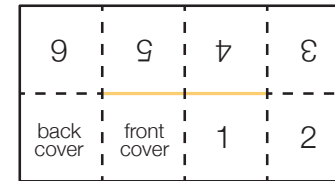
③ Fold in half one more time



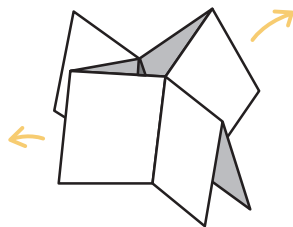
④ Open



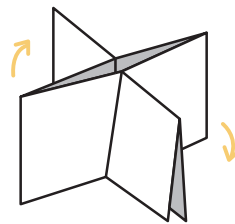
⑤ Fold and cut on this line



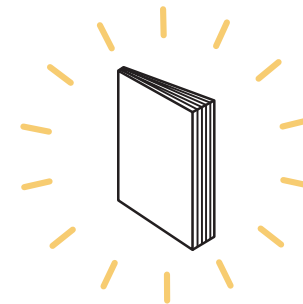
⑥ ...so when you open it looks like this



⑦ Fold



⑧ Fold



⑨ Ready to go!