

**Know someone struggling
with their mental health?**

Be There

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?**