

Be There



Let's create a country where we can all better support one another.

Of 1,200 students surveyed across Canada, 83% said they've supported a friend struggling with their mental health. Only 39% of them felt they were prepared to offer the support that was needed. Young people struggling with their mental health are encouraged to ask for help, but too often their friends and families don't know how to respond. Just talking about mental health isn't enough; we need the knowledge, skills and confidence to step up and be there for one another.

Through consultation with over 1,400 young people from across Canada, Jack.org created Be There, a comprehensive and engaging online resource for young people to learn how to support each other through mental health struggle. The resource exists, now it's our responsibility to ensure people know about it.

Being there for someone is an art, not a science. There's no formula or instruction manual because every situation is different. Be There will help you learn how to recognize when someone may be struggling with their mental health, and gives you five Golden Rules to help you support and be there for them.

Whether you have 5 minutes or 5 hours, get started at

BeThere.org

Golden Rules

- 1 Say what you see**
Start the conversation.
- 2 Show you care**
Build trust.
- 3 Hear them out**
Be a good listener.
- 4 Know your role**
Set and respect boundaries.
- 5 Connect to help**
Help them connect to resources.



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