

Know someone struggling with their mental health?

Be There from anywhere.

We should all know how to support someone who may be struggling with their mental health, especially during COVID-19.

Learn how at [BeThere.org](https://www.bethere.org)

Be There



Be There Golden Rules

a resource by [jack.org](https://www.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 listen and be there, not fix things.

5 Connect them to help

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

Have you thought about talking to a professional or someone you trust in your community?