Know someone struggling with their mental health?

Be There

Learn how at BeThere.org

Know your role
You’re there to support them; not judge, be their therapist, or give unwanted advice.

Be There Golden Rules

1 Say what you see
Speak to the facts without making assumptions.

I’ve noticed you haven’t been to class lately. Is everything okay?

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. Is there any way I can help? Anything you need to get done that I can do for you?

3 Hear them out
Open up space for them to speak. Remember to ask further questions and validate their thoughts and feelings.

I hear you, that sounds super hard. Can you tell me more about that?

4 Know your role
You’re there to support them; not judge, be their therapist, or give unwanted advice.

My job is to listen and be there, not fix things. This isn’t about me!

5 Connect them to help
Suggest they reach out to community supports or offer to go with them.

I’m always here for you. Have you thought about talking to a professional? We can find one together.