

Learn to Be There for someone.

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**BORN THIS WAY/
FOUNDATION**

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

The Be There Certificate is a free, online course that provides a deep understanding of Be There's 5 Golden Rules - a simple but actionable framework on how to recognize when someone might be struggling with their mental health, your role in supporting that person, and how to connect them to the help they deserve. Available in English, French and Spanish.

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Spread the word #BeThereCertificate

Be There 5 Golden Rules

1 Say what you see

Describe any changes you've noticed in them.
Don't judge. Don't make assumptions.

2 Show you care

Simply knowing someone is there for you can make a huge difference. Actions often speak louder than words.

3 Hear them out

Open up space for them to speak. Ask follow up questions and validate how they're feeling.

4 Know your role

Set boundaries to protect your relationship and your own mental health.

5 Connect to help

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