



About the Be There Certificate

Created by Jack.org in partnership with Born This Way Foundation, the Be There Certificate is a free, self-paced learning experience designed to increase mental health literacy and provide you with the knowledge, skills, and confidence needed to safely support anyone who may be struggling with their mental health. It 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.

A screenshot of the Be There Certificate mobile app interface. The top bar shows 'Golden Rule #5: Connect to Help' and '20% Complete | Course Progress +'. Below this is a section titled 'When to Get Help' with text: 'The earlier the better. If you see someone is struggling to cope, you should suggest they reach out to community supports or professional help. Let them know that there are people they can talk to who can help and that they **don't have to go through this alone**'. There is also a quote: 'You can say "It sounds like you've been really struggling - have you considered talking to someone about it?"'. The main content area shows a video player with two women smiling, titled 'SADIA & LUANA She wasn't herself'. Below the video are buttons for 'Listen to the audio' and 'Read the transcript'.

- ✓ **6 interactive lessons**
- ✓ **Less than 2 hours**
- ✓ **Free of charge**
- ✓ **Available in French, English and Spanish**
- ✓ **Videos and real life scenarios**
- ✓ **Unlimited access**

You'll learn:

- ⇒ **How to recognize** signs of struggle
- ⇒ **What to say** to start the conversation
- ⇒ **How to build trust** and offer practical support
- ⇒ Tips to **become a better listener**
- ⇒ The importance of **setting healthy boundaries**
- ⇒ How to help someone **access professional and community resources**
- ⇒ How to **maintain your own mental health**



Help us spread the word!

jack.org BORN THIS WAY/ FOUNDATION

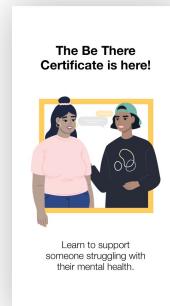
Help share about the Be There Certificate with your community on your channels so young people, everywhere, can benefit from this first-of-its kind, free, online course. Here's everything you'll need to help spread the word.

Step 1: Get certified

Head to [BeThereCertificate.org](https://www.betherecertificate.org), create an account and start learning.

Step 2: Post on Social Media

[Click here](#) to download graphics like these to post to your social media accounts. Don't forget to tag [@jackdotorg](#) + [@btwfoundation](#).



Sample captions:

I'm completing the #BeThereCertificate so I can support my friends and family who are struggling with their mental health. It's free and easy to use. Sign up here: [betherecertificate.org/](https://www.betherecertificate.org/) @jackdotorg @btwfoundation

Join me, @jackdotorg, @btwfoundation, and thousands of youth across North America in completing the #BeThereCertificate, a brand new FREE online course that teaches you how to support your friends, family, and your own mental health. Get started, here. [betherecertificate.org/](https://www.betherecertificate.org/)

Step 3: Follow us for more great mental health content

Jack.org

Born This Way Foundation



Want to learn more?

Visit [BeThereCertificate.org](https://www.betherecertificate.org) for FAQs and other helpful resources.

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

