



# Be There Certificate Educator's Guide

Learn to support someone struggling with their mental health through this free online course created by Jack.org in partnership with Born This Way Foundation.

Head to [BeThereCertificate.org](https://BeThereCertificate.org) to begin!

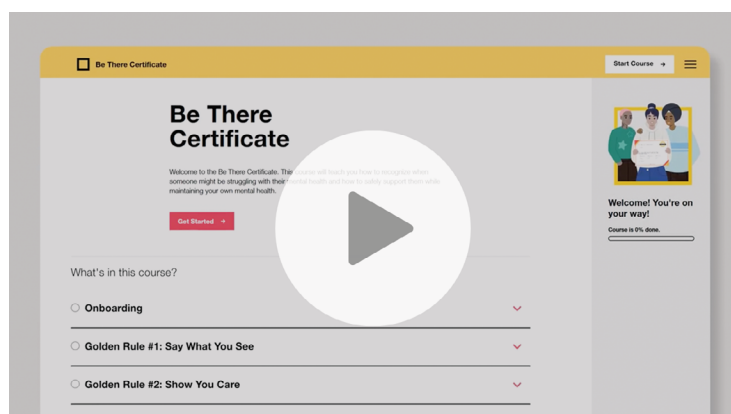
## Facts

- Youth experienced the greatest decline in their mental health during the COVID-19 pandemic, a reduction from 60% (pre-COVID) to 40% (July 2020) of youth reporting excellent or very good mental health.<sup>1</sup>
- Adolescents surveyed in April 2020 were 3x more likely to report suicidal ideation than those surveyed in 2017.<sup>2</sup>
- 36% reported that if faced with a serious mental health issue, they would turn to a friend or romantic partner first.<sup>3</sup>

## Course Overview

The [Be There Certificate](https://BeThereCertificate.org) is a free, self-paced, interactive online course designed to increase mental health literacy and provide youth aged 16-25 with the knowledge, skills, and confidence they need 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 teaching people how to recognize when someone might be struggling with their mental health, their role in supporting that person, and how to connect them to the help they need. Available in English, French, and Spanish, the Be There Certificate features relatable scenarios and interactive activities to engage a variety of learning styles.

- ✓ Six interactive lessons
- ✓ Two hours to complete
- ✓ Videos and real life scenarios
- ✓ Awarded a PDF Certificate of Completion
- ✓ Free, unlimited access!



# How to use the Be There Certificate in your classroom

Whether students complete the Be There Certificate in class or at home, one lesson per week or all in one sitting, [this slide deck](#) can help you introduce the Be There Certificate to students and debrief the content as a class.

## Option 1: Six 30 Minute Lessons

Take 5-10 minutes once a week to introduce students to one of the six lessons of the Be There Certificate. After introducing the lesson, give students 20 minutes to complete the lesson in class or assign it as homework for them to complete that week. Spend an optional extra 10 minutes to debrief after each lesson using the Stop, Start, Continue prompts on [Slide 11](#).

## Option 2: Independent Study

Take 10-15 minutes to introduce the Be There Certificate to students. Assign the online course as homework to be completed at their own pace by a set deadline such as the end of the semester. Debrief the course in its entirety using the Stop, Start, Continue prompts on [Slide 11](#) and/or reflection questions on [Slide 12](#).

## Ideas for Further Study

1. Record a 30-60 second video describing one of the Golden Rules in your own words. Be sure to include the key points as well as an example of how the rule applies to real life.
2. Create your own Be There scenario to show one or more of the Golden Rules in action. You can write it out like a screenplay or series of texts, illustrate it as a comic strip or act it out in a video.

“This course was an easy-to-use, straight forward and interactive way to further strengthen how I can be there for my loved ones! I’m thankful to have access to a tool like this and recommend it to anyone who also wants to learn how to support their loved ones through difficult times.”

—Angelica Buccini  
Youth mental health advocate

“The Be There Certificate is a creative and engaging approach to learning how to safely support our friends and loved ones with their mental health. With encouraging prompts and a variety of interactive activities, the course supports several learning styles.”

—Joyce Erogun  
Student Engagement Team Lead, SMH-ON

## Safety

- The Be There Certificate was reviewed by Jack.org’s Mental Health Committee including Dr. Khush Amaria, Senior Clinical Director at CBT Associates.
- Content warnings are provided ahead of videos that mention serious subjects such as homophobia, self harm or suicidal ideation. Videos are optional; learners can scan the transcript to answer the associated questions if they choose not to watch the videos.
- Learners are encouraged to go at their own pace. An emergency icon, represented by a pink exclamation mark, located on the right hand side of the screen gives learners quick access to support via a list of crisis lines and [additional resources](#).

# Learning Objectives

## Lesson

## Participants will learn...

### Golden Rule #1 Say What You See

- ✓ How to recognize warning signs in someone struggling with their mental health.
- ✓ What to say to start the conversation with someone they're concerned about by sticking to the facts without making judgements or assumptions.
- ✓ How to respond to someone's resistance to talk about their mental health.

### Golden Rule #2 Show You Care

- ✓ How to build a trusting relationship and create a safe environment for someone to open up.
- ✓ How to offer practical support to help someone struggling with their mental health through their day.

### Golden Rule #3 Hear Them Out

- ✓ How to balance the conversation by prioritizing listening and asking questions over sharing their own thoughts or opinions.
- ✓ Tips to becoming a better listener using active listening techniques.

### Golden Rule #4 Know Your Role

- ✓ The importance of setting healthy boundaries to protect their relationship and their own mental health.
- ✓ Three main types of boundaries.
- ✓ How to set and maintain healthy boundaries.

### Golden Rule #5 Connect to Help

- ✓ How to help someone access professional and community resources and what to expect.
- ✓ How to support someone to troubleshoot barriers to accessing services.

### Be There for Yourself

- ✓ How to recognize signs they themselves are stressed.
- ✓ What they can do to maintain their own mental health, even while supporting someone else.

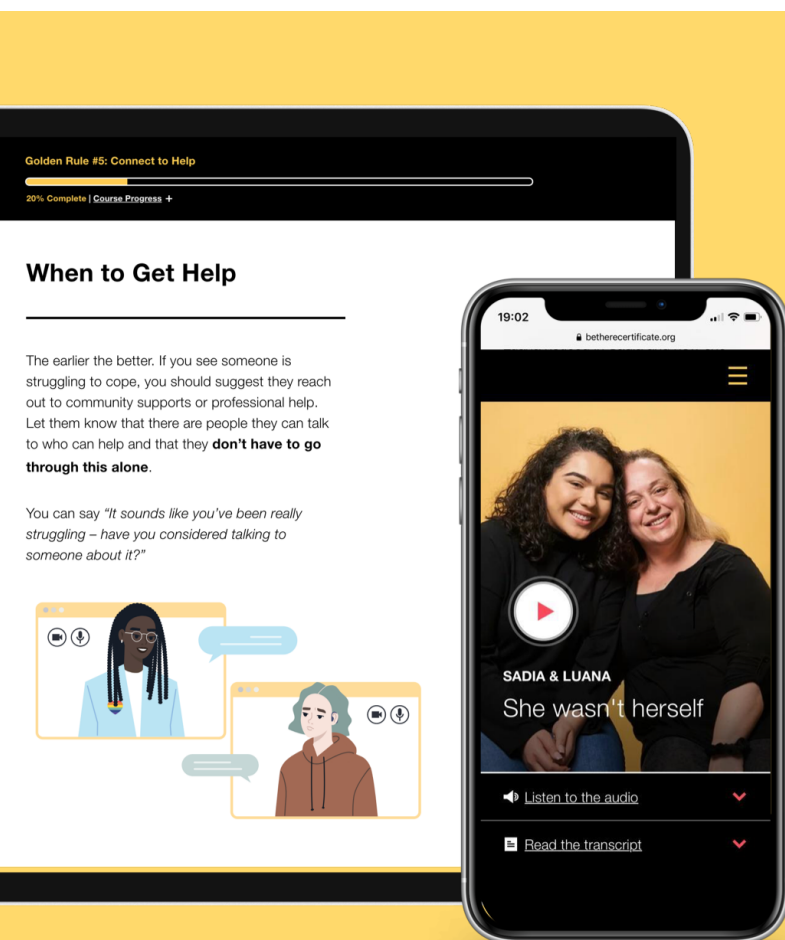


# The Research

The Be There Certificate is based on the content on BeThere.org, a resource created by Jack.org in response to a needs assessment of over 1,200 youth. We compiled the 73 most common questions we heard from young people about how to safely support their peers. Then we scoured dozens of websites, blogs, articles and other resources to find the answers. It wasn't easy; existing resources are fragmented, hard to find, and full of impersonal clinical jargon. But the answers are out there — we just had to find them and present the information in a way young people would resonate with. References can be found [here](#).

# References

1. Statistics Canada, Canadian Community Health Survey, 2019; Canadian Perspectives Survey Series 1; Canadian Perspectives Survey Series 4. Retrieved from: <https://www150.statcan.gc.ca/n1/pub/11-631-x/2020004/s3-eng.htm>
2. Ellis, W.E., Dumas, T.M., & Forbes, L.M. (2020). *Physically isolated but socially connected: Psychological adjustment and stress among adolescents during the initial COVID-19 crisis*. *Canadian Journal of Behavioural Science / Revue Canadienne Des Sciences Du Comportement*, 52, 177–187. Retrieved from: <https://psycnet.apa.org/record/2020-50562-001>
3. Born This Way Foundation. (2022). *Peer Counseling in College Mental Health*. Retrieved from: <https://drive.google.com/file/d/1bpb2KJdNAtLGoUJpHtZaS9JvovOHwI1w/view>



**Let's create a world where we can all better support one another. Get certified now at [BeThereCertificate.org](https://BeThereCertificate.org).**

The Be There Certificate was created by Jack.org, the only Canadian charity training and empowering young leaders to revolutionize mental health, in partnership with Born This Way Foundation, a U.S. based nonprofit organization with the mission to support youth mental health and work with young people to build a kinder and braver world.

**Check out these [Frequently Asked Questions](#) for more information.**

**Visit the [Be There Media Room](#) for digital assets to share on social media.**

**Questions? Email [BeThere@Jack.org](mailto:BeThere@Jack.org)**