



Be There

# Know someone struggling with their mental health?

jack.org

## Be There from anywhere.

Learn how to start the conversation, show you care and help someone get the help they deserve.

## Be There Workshop

Developing knowledge and confidence to support someone struggling with their mental health.

### Workshop Details

This workshop will teach you how to recognize signs that you, or someone you care about may be struggling with their mental health. We will also introduce you to Be There's 5 Golden Rules which is a simple and actionable framework that can help you to learn how to better support your peers and loved ones through daily mental health challenges.

### Learning Objectives

By the end of this workshop, you will be able to:

- Identify signs of mental health struggle amongst their peers
- Identify and explain Be There's 5 Golden Rules
- Apply Be There's 5 Golden Rules to everyday situations
- Practice asking open ended questions and reflect upon the challenges of active listening