



**Jack.org is Canada's only charity training and empowering young leaders to revolutionize mental health in every province and territory.**

Suicide is still the leading health-related cause of death for young people in Canada. 1 in 7 young people in Canada report having suicidal thoughts to say nothing of the ones who don't report. This year, 150,000 will act on their thoughts by attempting suicide, and, for hundreds of them, the attempt will be fatal.

Things need to change. And we are leading the way.

Through **Do Something**, **Jack Talks**, **Jack Chapters**, and **Jack Summits**, young leaders identify and dismantle barriers to positive mental health in their communities. And through ambitious innovations in youth mental health like **Be There**, we give people the mental health resources they need to educate themselves.

We're working towards a Canada where all young people understand how to take care of their own mental health and look out for each other. A Canada without shame, and where all those who need support, get the help they deserve. Our movement is powered by tens of thousands of advocates and allies across every province and territory of Canada. And we're just getting started.

## Learn to Be There

Young people struggling with their mental health are encouraged to reach out and ask for help, but too often their friends and families don't know how to respond. Just talking about mental health isn't enough; we need the knowledge, skills, and confidence to step up and be there for one another. That's why Jack.org created Be There, the most comprehensive and engaging online resource for young people to learn how to support each other through mental health struggle.

Being there for someone can be really hard, but it doesn't have to be complicated. Be There's 5 Golden Rules teach you how to recognize when someone is struggling, to lean into tough conversations, and maintain your own mental health while showing you care. The resource exists, and now it's our responsibility to educate ourselves. Together, we can make sure that no one struggles with their mental health alone.

Whether you have 5 minutes or 5 hours, learn more at **BeThere.org**, a resource by Jack.org.

### Golden Rules

- 1 Say what you see**  
Start the conversation.
- 2 Show you care**  
Build trust.
- 3 Hear them out**  
Be a good listener.
- 4 Know your role**  
Set and respect boundaries.
- 5 Connect to help**  
Help them connect to resources.