

**beherd.me**

**BeHerd helps teens tackle mental health issues by empowering them with their own platform/app to change the way they connect, share, and are heard.**

**CHECK-IN.** Answer quick, daily prompts to self assess mood. Or use the journal feature to go deeper and express more.

**CONNECT.** Choose who to share check-in updates with and what updates they will receive.

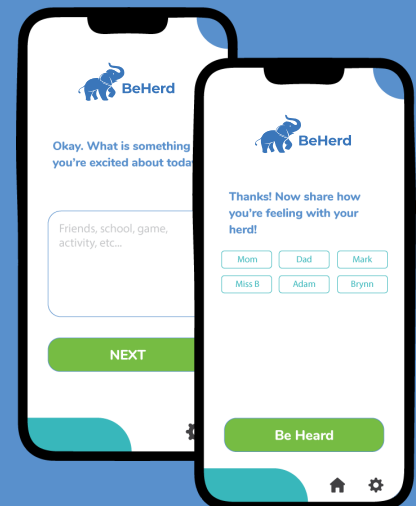
**BE HEARD.** Share your update with your family, friends, or other support systems—your “herd.”

### WHY YOU SHOULD HELP...

- 60% of U.S. students struggle with depression but are untreated.
- 14% of kids 10–19 years old experience a mental disorder.
- Students with mental disorders struggle in school.

### HOW YOU CAN HELP...

- Use your influence and amplify your support by following BeHerd on social media and sharing our content.
- Learn the benefits of BeHerd and be able to talk about them.
- Be an advocate. Promote giving a voice to kids on their terms—so they can get the support they need...how and when they need it.
- Let kids know you're available to join their herd.



*For an app demo or more information, please email [support@beherd.me](mailto:support@beherd.me) or call Olivia Richards at 518-926-0162.*

*Amplifier kits are available for viewing and download at [beherd.me/amplify](https://beherd.me/amplify).*

*Printed amplifier materials are available for shipping by request.*