

be nice. business program

Click here to learn more about how be nice. works in businesses!

Click here to hear from business leaders about the impact of be nice. in their organization

key benefits of be nice. business



increases

mental health awareness by more than

provides a common language surrounding mental health

proven to increase behaviors that

prevent suicide

develops a positive culture with an emphasis

on compassion, understanding, and awarenss

> decreases disrespect by

50%

increases feelings of connectedness

complements

existing characterbased program

> together we can change, improve, and save lives

overal kindness increases

60%

after starting the program



- creates a supportive and psychologically safe workplace environment that reduces stigma and encourages peer-to-peer communication
- is customizable and adaptable to any institution. We are here to support and embrace your needs
- promotes factors like reduced absenteeism and positive employee moral
- is a sustainable program that can be implemented by various trained liaisons. The MHF provides user friendly training that can be completed in-person or online.
- fosters employee retention by showing employees your organization is invested in their well-being, regardless of tenure or position.
- alleviates business challenges that are related to mental illness by cultivating a psychologically safe workplace.

how the program works:

Select a small
group of enthusiastic
individuals in your
business to become trained
be nice, liaisons.

To become a be nice. liaison, interested employees must complete a 3-hour virtual or in-person training that is provided by the MHF

step

3

be nice. liaisons
host a "Take the
Pledge" in-person or
virtual event to train all
employees in the be nice.
action plan.

The Pledge is a 12-minute video and certification training that educates employees in the be nice, action plan.

The be nice. program follows a train-the-trainer method.

Log into the be nice. business portal to explore activities, resources, and steps.

The business portal includes be nice. business steps, resources, activities, training, and more. Liaisons can utilize the portal to carry out programming in your organization

Sustain
programming by
continuously
implementing be nice.
steps (activities, events,

As frequently as preferred, continue to implement be nice, steps to educate and engage employees.

education, etc.)

step 2

step 4

be nice.

notice invite challenge empower



Based on a study by The National Mental Health Commission and The Mentally Healthy Workplace Alliance



what is included in the be nice. business program

be nice. is a sustainable program that produces optimal results through a 3-year commitment. It takes time to bake a mental health program into your company's culture and for employees to understand what **be nice.** means. Fortunately, we offer discounted programming costs for 3-year commitments because we want to ensure **be nice.** gives your employees the confidence and knowledge to take action when it comes to mental health.





be nice. business

testimonials

learn how different types of organizations utilize be nice. programming







