

# be nice.<sup>®</sup> Business

be nice. is an evidence-based mental health education program proven to change, improve, and save lives.

## What is **be nice.**?

It's a mental health and suicide prevention action plan. To notice, invite, challenge, and empower providers the knowledge for individuals to take action when they or someone they know may be experiencing changes in their mental health.

## Why **be nice.**?

This program empowers individuals with the knowledge that they can have an effect on how a person thinks, acts, and feels. It provides simple tools for success that change, improve, and save lives.



For more information or to find resources, visit [benice.org](https://benice.org)