

MENTAL RESILIENCE

in your coaches & athletes

The #1 protective factor against youth suicide is having at least one trusted adult they can talk to. For many athletes, this one person could be their coach.

The be nice. athletic training equips coaches with a game plan for mental health conversations on their team. When faced with a mental health crisis or concern, be nice. provides the tools for appropriate and effective action.

We invite you to take part in the be nice. Mental Health Training online course, designed specifically for coaches. Athletic Directors are encouraged to pass this information along to their coaching staff. The training takes approximately 10 minutes to complete and can count for up to 30 minutes of professional development time towards coaches certification renewal. Thank you for helping us promote mental wellness and support the well-being of student-athletes across New Jersey!



simple to learn



builds
knowledge



easy to use



scan for access
to the course!



- simple and effective mental health and suicide prevention education.
- provide common language for coaches, players, and parents to talk about mental health
- increase trust, open communication, team connectedness, and psychological safety.



be nice.[®]
notice invite challenge empower

working together to empower mental health