

BRAVE Building a Toolbox for Mental Health & Safety

BRAVE empowers organizations to recognize, respond to, and support mental health in the workplace. With a clear action plan and cultural framework, BRAVE helps reduce stigma, improve safety, and foster resilience.

Be aware: recognize warning signs
Reach out: start the conversation, assess risk
Actively listen: empathy without judgment
Validate & inform: reassure and provide resources
Encourage next steps: guide toward help and self-care

Conversation:

Silence is the enemy.

Acknowledge:

Mental health = physical health

Reduce Stigma:

Breaking stigma builds trust

Engage:

Everyone plays a role

Benefits to Organizations

Improved employee well-being & safety: By recognizing and addressing mental health challenges early, organizations can improve the overall well-being of their employees.

Reduced stigma and stronger culture: BRAVE emphasizes the importance of conversation and reducing stigma around mental health, creating a more supportive and open work environment where employees feel comfortable seeking help.

Increased productivity & retention: Early intervention and support for mental health challenges can prevent the escalation of issues that might otherwise lead to decreased productivity, missed workdays, long-term disability, and employee turnover.

Compliance with safety & mental health standards: Implementing the BRAVE program helps organizations comply with legal and ethical standards related to mental health.

With BRAVE, no one fights alone.

For more information or to schedule, email
info@wellnessworkdays.com

