

On January 25, participate in Bell Let's Talk Day to create positive change.

**C**hoose a mental health organization to learn about or support

**H**elp a friend struggling with mental health issues by learning ways to support them

**A**sk about how your school, workplace, or community is creating change for mental health

**N**urture your own well-being by practicing and learning mental health strategies

**G**et involved in a mental health initiative or organize an event to support mental health

**E**ngage in conversations about mental health to fight stigma



Share your actions using #BellLetsTalk  
and help inspire others to join the  
movement to create positive change.



For more ideas visit  
[bell.ca/letstalk](https://bell.ca/letstalk)

