

Let's create real change!

Choose a mental health organization to learn about or support

Help a friend struggling with mental health issues
by learning ways to support them

Ask about how your school, workplace, or community
is creating change for mental health

Nurture your own well-being by practicing and learning
mental health strategies

Get involved in a mental health initiative or organize
an event to support mental health

Engage in conversations about mental health to fight stigma



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



For more ideas visit
bell.ca/letstalk

