

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

