"I make time each day to go for a walk and get some exercise and fresh air."

"I'm volunteering online to support young people."

"I started a virtual peer support program at my school."

"I know the resources available at work."

"I recognized my friend was struggling and connected them to online supports."

"Every week I call my grandma who lives alone."

"I treat mental health like any other health issue."

Now more than ever, every action counts.

Join in to help create positive change.

Learn more at bell.ca/letstalk

Bell Let's Talk