



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

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

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

"I know the resources available at work."



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

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

Now more than ever, every action counts.

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

Join in to help create positive change.

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