

"I know the signs and symptoms of someone in distress and what to do in an emergency."

"I volunteer with a mental health program in my community."

"I take care of my own mental health."



"I know the resources available at work."

"I spoke up for my friend who didn't feel well enough to do it for themselves."

"I created a mental health initiative in my school, so everyone feels it's ok to reach out for help."

When it comes to mental health, every action counts.

Join in to help create positive change.

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

Learn more at bell.ca/letstalk





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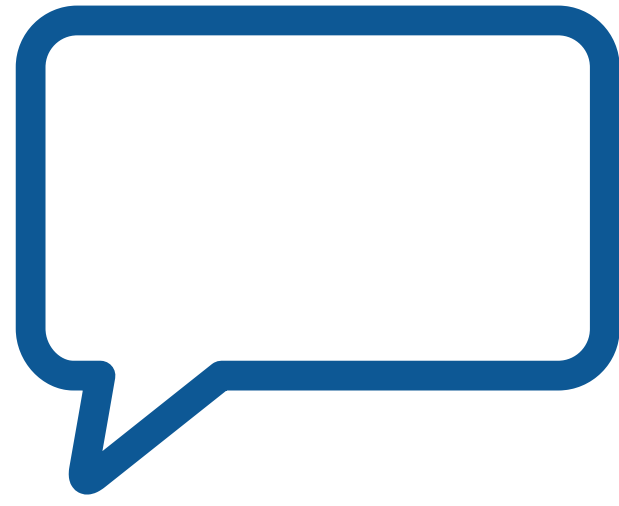
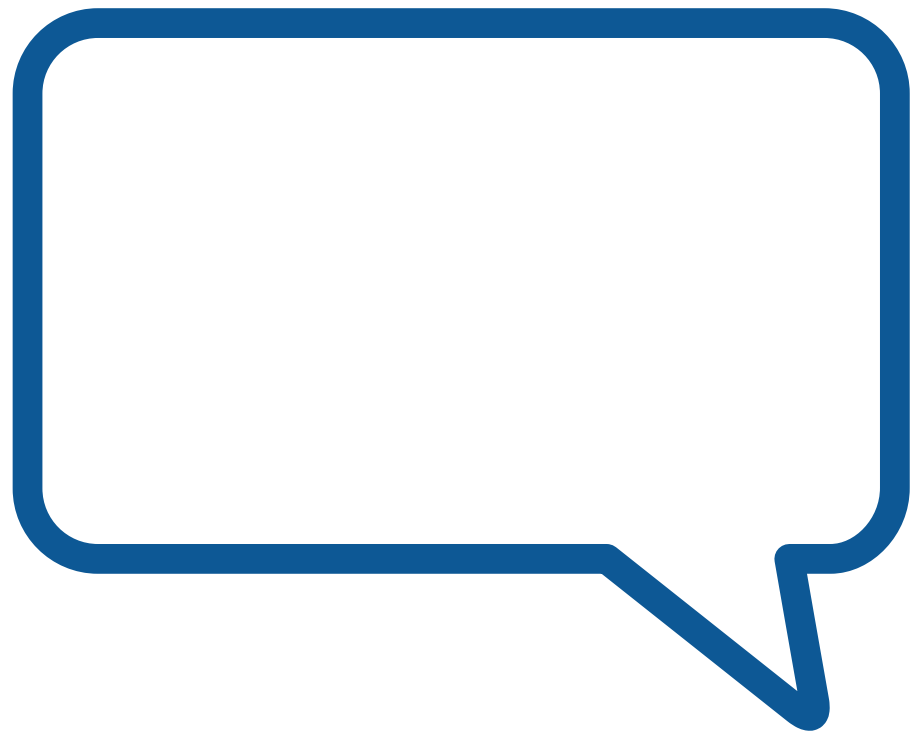
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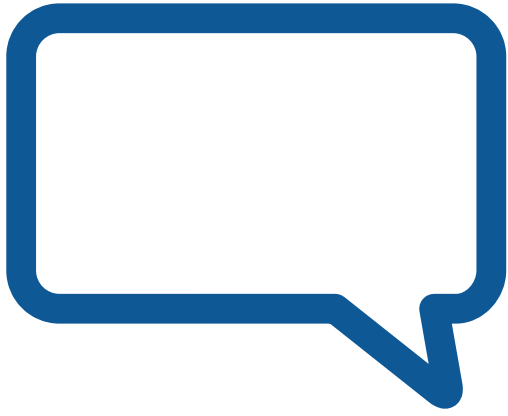


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