



**Ontario Provincial Council of
The Catholic Women's League of Canada
Education and Health Standing Committee**

Care for our Common Home

Directive #3

Pages: 1

January 25, 2020

To: Diocesan Education and Health Standing Committee Chairpersons
From: Karen McDonald, Provincial Education and Health Standing Committee Chairperson
cc: Provincial Executive, Diocesan Presidents, Provincial Education and Health Sub-Committee and National Education and Health Standing Committee Chairperson

Bell Let's Talk Day ... Wednesday, January 29, 2020

Theme of this year's campaign is ***Mental Health: Every Action Counts***

Mental illness can be isolating, hard to talk about, and lead to feelings of loneliness. Next Wednesday is the **10th Annual Bell Let's Talk Day** and we are all asked to share messages to support those who are suffering from any form of mental illness.

For each message sent, Bell donates 5 cents to Canadian mental health programs. Their website states, "*Since the first Bell Let's Talk Day in 2011, Canadians and people around the world have sent a total of more than 1 billion messages of support for mental health, bringing Bell's total commitment to \$100,695,763.75 ...*" (www.bellletstalk.ca)

On January 29, 2020, Bell will once again contribute 5¢ toward mental health initiatives in Canada for every applicable **text message, mobile and long-distance call, tweet, social media video view**, use of **Facebook** frame or **Snapchat** filter.

There is also a toolkit found at www.bellletstalk.ca that includes a helpful conversation guide and templates for schools, communities, and workplaces to use.

As Bell says ... every action counts ... so, mark your calendar and let's all do our part to help end the stigma around mental illness!

Lots of love,

Karen