



CATHOLIC
and **LIVING IT!**

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

CATHOLIC and LIVING IT!

Directive #6

Pages: 1

January 19, 2022

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 26th, 2022

2022 campaign:
Supporting ourselves and each other

Mental illness can be isolating and often leads to feelings of loneliness or anxiety.

The 12th Annual ***Bell Let's Talk Day*** is being held on January 26th. Members are asked to share messages to support those suffering from any form of mental illness.

Bell's website (<https://letstalk.bell.ca/en/>) highlights, "5 simple ways to end the stigma and start conversation": **language matters ... educate yourself ... be kind ... listen and ask ... talk about it.**

On January 26th, Bell will contribute 5¢ for every applicable **phone call, text, tweet, TikTok video** using #BellLetsTalk, **social media video view**, use of **Facebook** frame or **Snapchat** lens.

We still find ourselves isolated by a pandemic, and this is the ideal time to participate. Helping to improve the well-being of those suffering from mental illness is **'essential'** ... so call, text and tweet away!

Mark your calendars ... let's do our part to end the stigma around mental illness.

Lots of love,

Karen