



**Ontario Provincial Council
The Catholic Women's League of Canada
Education and Health Standing Committee Chair**
Go Make a Difference

Directive: No. 03
Pages: 2

January 19, 2023
Attachments (2) also in hyperlinks:
Margaret Schwab, National Chairperson of E&H Reducing
Loneliness article (pg. 8) in [The Canadian League –
Winter 2023](#)
[Health Canada 2023 Calendar of Health Promotion Days](#)

To: Diocesan and Parish Council Education and Health Committee Chairs,
Chairpersons of Service and Social Justice, Council Presidents
Cc: Linda Squarzolo, Ontario Provincial President, Diocesan Presidents,
Ontario Provincial Officers, OPC Education and Health Sub-Committee
National Education and Health Chair
From: Hilarion Mitchell, Ontario Provincial Education and Health Standing
Committee Chair

Kung Hei Fat Choi! Happy Chinese New Year to all members celebrating. It is the **Year of the Rabbit**, from January 22, 2023, through February 9, 2024.

The blue hyperlinks in this directive will take you to the original sources.

[Bell Let's Talk Day 2023: Let's Change This](#)

The following is taken from the Bell Let's Talk website. Bell Let's Talk has been held since 2010 to bring awareness and action on mental health to create positive changes. Since its inception many Canadian organizations have received funding to assist Canadians throughout the year. Bell Let's Talk Day will be recognized on Wednesday January 25th. Let's change this asks everyone to play a role and provides practical examples of ways to create change in our homes, schools, workplaces and communities.

The Bell Let's Talk promotes awareness, acceptance and action with a strategy built on [4 key pillars](#) below:

- **Anti-Stigma:** One of the biggest hurdles for anyone struggling with mental illness is overcoming the stigma attached to it. Talking is an important first step towards lasting change.
- **Care & Access:** Bell funds organizations large and small throughout Canada, including grassroots agencies, hospitals and post-secondary institutions, to provide Canadians with mental health supports and services.
- **Research:** Research holds the greatest promise to better understand treatments and solutions.
- **Workplace Leadership:** One in three workplace disability claims in Canada are related to mental illnesses. Bell is encouraging greater corporate engagement across Canada.

Ways to Take Action

1. Choose a mental health organization to learn about or support.
2. Help a friend struggling with mental health issues by learning ways to support them.
3. Talk to your workplace or school about arranging a mental health training course. Some programs include: [Mental Health First Aid](#) or [Psychological First Aid](#).
4. Nurture your own well-being by practicing and learning mental health strategies: *Discover strategies you can practice at home like [self-care](#), [mindfulness](#), [calm breathing](#) or [at-home](#).*
5. Get involved in a mental health initiative or organize an event to support mental health: *Download the [Bell Let's Talk toolkit](#) for material and activities.*
6. Engage in conversations about mental health to fight stigma: *Talking openly about mental health and mental illness is the first step to reducing the stigma that prevents people from seeking help.*

CWL Resolutions Addressing Mental Health

- ON.22.02 [National Strategy to Address Loneliness](#)
ON.15.04 [Provision of Regulated Housing for the Chronic, Severely Mentally Ill](#)
ON.13.01 [Reduce the Stigma Attached to Mental Illness](#)

January Blues

This year, Blue Monday was on January 16th. January is seen as the most depressing month with the cold weather, dark mornings, etc. resulting in low moods and sadness. There may be biological reasons for low moods which is normal. Some ways to beat the January blues include exercise, eating well, getting enough sleep, be kind to yourself, manage worries, make the most of the daylight and strengthening your spiritual life. See Ways to Take Action on item #4 above on Nurturing your own well-being.

Health Canada- 2023 Calendar Health Promotion Days

The calendar features health awareness days, weeks and months which are either promoted by recognized health organizations or recognized in the professional health community.

Become more informed on mental health issues including [Bell Let's Talk Day on Wednesday January 25, 2023](#). *Go Make a Difference!*