

## BELL LET'S TALK DAY: JAN. 22, 2025

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A comprehensive national report released in October by Mental Health Research Canada (MHRC) showed that there is a growing health crisis among young Canadians. The full report can be found at: <https://www.mhrc.ca/youth-mental-health>

This is a generation at risk. Some key facts on youth mental health:

- Approximately 1.25 million youth in Canada need mental health supports every year. Nearly 3 in 5 (57%) of those youth are not getting the help they need.
- Suicide is the second leading cause of death among young people in Canada (21% of deaths)
- Youth with excessive personal screen time (6+ hours daily) are 2.5x more likely than average to report high self-rated anxiety, 2x more likely to report high self-rated depression, 3x more likely to report severe symptoms of mental distress and 2.5x more likely to have suicide ideations.

For more resources <https://www.cwl.ca/parish-council-memos/>  
Service Memo Nov. 2024 #1

and visit [bell.ca/letstalk](http://bell.ca/letstalk)

## Let's create real change!

**C**hoose a mental health organization to learn about or support

**H**elp a friend struggling with mental health issues by learning ways to support them

**A**sk about how your school, workplace, or community is creating change for mental health

**N**urture your own well-being by practicing and learning mental health strategies

**G**et involved in a mental health initiative or organize an event to support mental health

**E**ngage in conversations about mental health to fight stigma

Share your actions using #BellLetsTalk and help inspire others to join the movement to create real change.

For more ideas visit [bell.ca/letstalk](http://bell.ca/letstalk)

