

Memo #16

Date: January 29, 2019

To: Simcoe Muskoka Catholic Elementary Teachers

Re: **Bell Let's Talk**

Bell - Let's Talk Day, January 30th

It's a fact, one in five Canadians will suffer from mental illness at some point in their lifetime. One of the biggest hurdles for anyone suffering from mental illness is overcoming the stigma. It is the number one reason why two-thirds of those living with a mental illness do not seek help.



Mental illness is a very common form of human pain and suffering. Being a good listener and asking how you can help, sometimes just even being there for people you care about, can be the first step in recovery.

On January 30th, Let's Talk

Bell will donate 5¢ more to mental health initiatives for every:

- Text message sent
- Mobile & long distance call made
- Tweet using [#BellLetsTalk](https://twitter.com/BellLetsTalk)
- Share of the Facebook image
- Watch Bell Let's Talk video on Instagram
- Send a snap using the Bell Let's Talk filter

For more information visit: <http://letstalk.bell.ca/en/>

To download the Bell Let's Talk Toolkit go to: <http://letstalk.bell.ca/en/toolkit> you will find the Conversation Guide, and Tools for teachers and students (more suited for older students), and Bell Let's Talk Stickers to share.

I encourage every OECTA Simcoe Elementary Muskoka Member to participate in this very worthwhile and important event throughout the day on January 30th.

If you have any concerns, please contact the Unit office at 705-733-9625 or 1 800 558 4815