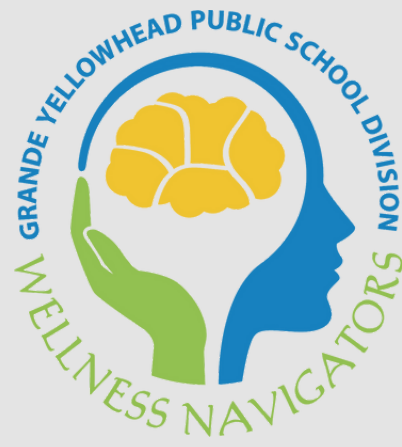


# PARENTS' CORNER



From your Wellness Team



Wellness Navigator:  
Megan Jones

FSLC  
Tor Begg



## Bell Let's Talk

Edition: January 19-25 ,2025

### Wellness Team Contact Information:

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### Real Change

- 1,500+ organizations providing mental health supports and services throughout Canada, supported by Bell Let's Talk.
- 6,956,297 Canadians have been supported with access to mental health services through programs funded by Bell Let's Talk.
- 1/2 of Canadians say they have taken action related to mental health since Bell Let's Talk Day began.

### What Is It?

Bell Let's Talk is an ongoing initiative that encourages conversation about mental health and promotes awareness and action built on anti-stigma, care and access, research, and workplace health.



### Let's Make Change

- 1 in 2 people struggling aren't getting the help they need.
- 1 in 8 people have experienced high levels of anxiety.
- 21 people die by opioid overdose every day.
- More than 200 people in Canada attempt suicide. Every day.

### Bell Let's Talk Day

Bell Let's Talk Day, is an annual fundraising campaign held on January 22, 2025 where money is donated to different Canadian Mental Health programs. Text YOUTH to 45678 to donate \$5 and Bell will match it!

### Resources:

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

[9-8-8 Suicide Hot line](http://9-8-8 Suicide Hot line)

[1 800- 668-6868 \(Kids Help Phone\)](http://1 800- 668-6868 (Kids Help Phone))

[mykickstand.ca](http://mykickstand.ca) (FREE Counsellors)