**January 27, 2021**

**TO:** All Parish Council Presidents

All Diocesan Officers

Life Members

# **FROM:** Kara Pelech, Education and Health Standing Committee Chair

**SUBJECT: Bell’s Let’s Talk Campaign – January 28, 2021**

Dear Sisters in the League:

I encourage you to participate in the Bell’s Let’s Talk Campaign. There are several ways you can participate in this initiative.

**Give … Comfort … Breathe … Be There … Support …**

Reach Out Mental illness can be isolating and will often lead to feelings of loneliness or anxiety.

The 11th Annual Bell Let's Talk Day is January 28th, 2021. CWL members are asked to share messages to support those who are suffering from any form of mental illness. Encourage your family and friends to join you to help others.

On Bell's website it states, "Whether you take the time to listen to a loved one, or encourage a friend to ask for help, when it comes to mental health, now more than ever, every action counts." (https://letstalk.bell.ca/en/bell-lets-talk-day)

On January 28th, Bell will contribute 5¢ more toward mental health initiatives in Canada for every applicable phone call, text, tweet and retweet, TikTok video using #BellLetsTalk, social media video view, use of Facebook frame, Snapchat filter, or viewing of Bell's official video on Instagram, YouTube or Pinterest.

During the pandemic and lockdown mandated by the government, it is the ideal time to participate since we are asked to stay at home. Helping to improve the well-being of someone suffering from mental illness is essential.

Let's all do our part to help end the stigma around mental illness and help someone in need.

God Bless

Kara Pelech