



**Sault Ste. Marie Diocesan Council of
The Catholic Women's League of Canada
Education and Health Standing Committee**

Care for our Common Home

Directive #1

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January 26, 2020

To: Parish Education and Health Standing Committee Chairpersons
From: Colleen Murphy, SSM Diocesan Education and Health Standing Committee Chairperson
cc: Diocesan Executive, Parish Presidents, Provincial Education and Health Chairperson

Bell Let's Talk Day ... Wednesday, January 29, 2020

Theme: Mental Health: Every Action Counts

Mental illness can be isolating, hard to talk about, and lead to feelings of loneliness. This Wednesday is the **10th Annual Bell Let's Talk Day**. We are all asked to share messages to support those who are suffering from any form of mental illness. For each message sent on January 29, 2020, Bell donates 5 cents to Canadian mental health programs. There is also a toolkit that includes a helpful conversation guide and templates for schools, communities, and workplaces to use. As Bell says ... every action counts ... so, mark your calendar and let's all do our part to help end the stigma around mental illness! Visit www.bellletstalk.ca for more details.

Twitter: tweet and retweet using #BellLetsTalk or watch our official video,

Facebook: use the Bell Let's Talk Facebook frame or watch our official video.

Instagram: watch our official video on Instagram.

Snapchat: send a snap using the Bell Let's Talk filter or watch our official video.

YouTube: watch our official video on YouTube. <https://www.youtube.com/watch?v=5PL2YUxveUA>

Text messages: For every text message sent by a Bell Mobility customer. * *This excludes iMessages. Regular charges apply.*

Mobile and long distance calls: For every mobile and long distance call made by a Bell, Bell Aliant or Bell MTS customer. **Regular service charges apply.*

May our loving God bless all those struggling with distress, anxiety, loneliness, hurt, anger, grief and pain.
May we all reach out with kindness to those that could use comfort and a shoulder to lean on in difficult times.

Colleen