

On January 28, please join me in supporting Bell Let's Talk Day and pass along this message to spread the word so we can end the stigma connected with mental illness.

Thank you for your support!



On Bell Let's Talk Day January 28, Bell will donate 5¢ more to initiatives helping millions of Canadians affected by mental illness for every:

- 1 Text message sent*
- 2 Mobile and long distance call made*
- 3 Tweet using #BellLetsTalk
- 4 Facebook share of our Bell Let's Talk image

*By a Bell or Bell Aliant customer

Visit Bell.ca/LetsTalk to learn about the 5 simple ways we can help end stigma around mental illness and download the conversation toolkit.

