



Submitted by: Canadian Mental Health Association Champlain East

### **Taking a moment for mental health**

Did you know that Bell Let's Talk Day happened on January 21<sup>st</sup>? Do you know what the purpose of this day is and what this year's theme is all about? I encourage you to keep reading this article to learn about the reasons behind this special campaign, the theme for this year and practical tips about mental health.

On Bell Let's Talk Day, a national day dedicated to mental health, people are encouraged to take positive action for mental health by starting conversations, reducing stigma, and encouraging everyone to prioritize mental health—one moment at a time. Bell Let's Talk Day encourages Canadians to pause and give mental health the moment it deserves. This year's theme, "Taking a Moment for Mental Health", was about creating space for meaningful actions—big or small—that support mental well-being. While there are countless ways to support mental well-being, this campaign emphasized simple, practical steps anyone can take. Whether it's pausing for a deep breath, going for a short walk, connecting with a friend, or practicing gratitude, these moments help us recharge and build resilience. While January 21<sup>st</sup> is already over, we can still get the movement going by taking a moment for our mental health all year long. Here are some ideas shared during the campaign to engage a conversation with others about mental health and tips to help you and your loved ones pause, recharge, and connect:

#### **Examples for Discussion:**

- Self-Care Practices: Share what you do for your mental health, such as meditation, yoga, going for walks, listening to music, or reading.
- Connecting with Others: Initiate a conversation with a friend or family member, suggest a shared activity like a walk or lunch.
- Community and Advocacy: Discuss organizations you support, dedicate time to learning about mental health, and advocate for its continued recognition as a public and policy priority.

Bell Let's Talk's website also provides great tools (conversation guides and mental health pocket book) to start a conversation about mental health. You can find out about these here: <https://letstalk.bell.ca/tools-and-resources/tools-to-start-a-conversation-about-mental-health/>



## **Wellness Resources:**

Bell Let's Talk created a toolkit that includes stickers, posters and activities to share with your family, friends and colleagues to help start the conversation and show your support:

<https://letstalk.bell.ca/tools-and-resources/bell-lets-talk-day-toolkit/>. In this tool kit, among other things, you can find:

- A list of self-care activities that can bring you enjoyment or a sense of calm and peacefulness;
- Instructions to build a kindness box as a way to give yourself or someone you care about a boost of positive energy;
- A mental health pocket book that can provide some tips on how to talk and listen to someone you are concerned about and help them access support.

This month and throughout the year, let us focus on taking a moment for mental health.

For more information about Bell Let's Talk Day 2026 and for additional resources, you can email [mentalhealth@bell.ca](mailto:mentalhealth@bell.ca) or visit <https://letstalk.bell.ca/>

### **Source:**

<https://letstalk.bell.ca/>

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### **DO YOU NEED HELP?**

Dial or text 2-1-1 for free and confidential service that easily connects people to the critical social and community supports they need.

If you are thinking of suicide, please call **9-8-8** which is a mental health crisis and suicide prevention line.

The information provided is not a substitute for professional advice. If you need advice, please consult a qualified health care professional. For further information or if you want to access our services at CMHA, please call 1-800-493-8271 or visit our web site at [www.cmha-east.on.ca](http://www.cmha-east.on.ca)