



Mental Health Matters

STOP THE STIGMA

Help is available for those experiencing mental health problems. In fact, people with mental health problems can get better and many recover completely. Unfortunately, the stigma attached to mental health difficulties or mental illness often delays or prevents a person from seeking the help they need and deserve. It's the number one reason why two-thirds of those living with a mental illness do not seek help. As a result, people often struggle in silence, which only compounds their pain and suffering.

On Bell Let's Talk day we encourage you to text, call, tweet, or share on your other social media using the hashtag [#BellLetsTalk](#) to increase awareness.

We also encourage you to help end the stigma on Bell Let's Talk Day and every day. There are three simple ways to help in creating this positive change:

Educate yourself: Knowing the facts can eliminate social and self-perceived stigma.

Follow the links to learn more information about:

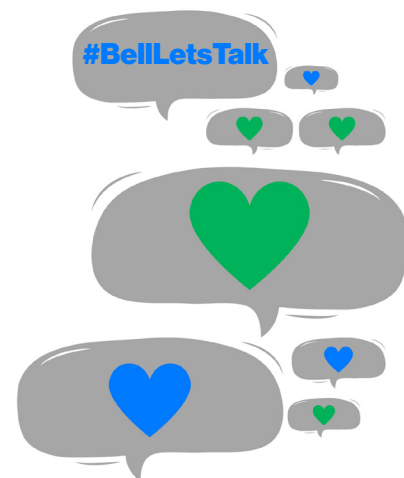
- [Myths About Mental Illness](#)
- [How to Use Appropriate Language to Stop Stigma](#)
- [Medications for Mental Illness](#)
- [Suicide](#)
- [Seeing a Counsellor or Therapist](#)

Talk, listen, and ask: Being a good listener and asking how you can help can be the first step in recovery. Most people with mental health issues can and do recover, just by talking about it.

Follow the links to learn more information about:

- [How to Be a Good Listener for Someone with a Mental Health Issue](#)
- [How to Tell Your Co-Workers You're Struggling with Mental Health](#)
- [How to Reach Out to Show Support](#)
- [Talking to Teens About Mental Health](#)
- [Things to Say to Someone Experiencing a Mental Health Problem](#)

Be kind: Simple acts of kindness can help open up the conversation and let someone know you are there for them.



If you're in crisis, please go to your local hospital, call 911 immediately or locate a Crisis Centre in your area.