



Bell

Let's Talk



# Bell Let's Talk Starting a Conversation

# What is mental health?

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- Mental health involves finding a balance in all aspects of life including:
  - physically
  - mentally
  - emotionally
  - spiritually
- How do you take care of your mental health and find balance in your life?



**Activity:  
Let's Talk...  
True or False?**

**One in five Canadians will  
experience a form of mental  
illness at some point in their life.**

-Canadian Institute of Health Research

# How stigma feels

# Stigma is...

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- Negative attitudes (prejudice) + negative responses (discrimination) = stigma
- Stigma means thinking less of a person because of his or her condition.
- Stigma can make a person feel unwanted and shamed.

# Stigma makes everything worse

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- Stigma...
  - is often harder to deal with than the illness itself
  - stops people from getting help



# So Let's Talk

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What are some ways we can reduce the stigma associated with mental illness in the workplace?

# So Let's Talk-

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## Here are Some Ways to Reduce Stigma

- Treat everyone with respect.
- Be warm, caring and non-judgmental.
- Challenge stigma when you see it.
- Watch your language.
- Learn the facts about mental health and mental illness.
- Help raise awareness about mental health.

# Let's keep talking...

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- Some ideas for the next steps:
- Please join the conversation on social media #BellLetsTalk #WeAreKPR
- Post your talk bubbles with positive messages around the school and tweet them out.
- Clearly identify ways students can ask for help and who they can talk to.
- Share mental health promotion messages on the announcements



**Thank you for being part  
of this conversation.**