

School event ideas

- Hold an assembly, or put on a talent show with musical performances, poetry readings, or dances, all with a mental health theme.
- Reach out to a local mental health organization and find a professional working in youth mental health who can share community resources available to students.
- Fundraise for a mental health organization in your area. From a bake sale, to a sports tournament or pizza day, the possibilities are endless!
- Put on your boots and go for a hike – studies show that enjoying nature can be beneficial for mental health.
- Watch our [videos](#) and have students talk in your classrooms about the adults in their lives that they can talk to if they're facing a mental health issue.
- Visit the [Kids Help Phone](#) website to access resources for teachers and schools.
- Challenge each classroom to snap a photo featuring a positive mental health message and post to Twitter using #BellLetsTalk on January 30 – for each one, Bell will donate 5 cents to mental health initiatives in Canada.
- Put up our Bell Let's Talk [poster](#) in your school.
- Talk about the [5 simple ways](#) to end stigma in your classroom:
 - Language matters
 - Educate yourself
 - Be kind
 - Listen and ask
 - Talk about it
- In your health or art class have students use the Bell Let's Talk [conversation bubbles](#) to write or draw what mental health means to them.

