



## Bell Let's Talk YouTube videos

<https://youtu.be/5NEMN2PVbcE>

Bell Let's Talk Day at KPRDSB

<https://youtu.be/6gnLnYsbFpk>

Messages of self-care

<https://youtu.be/Xq6eHENKKHw>

Clara Hughes - Listening helps: Open your ears and your heart

<https://youtu.be/cnVZCnotBi4>

Howie Mandel talking about living with OCD "We need to talk about mental health like we talk about dental health"

<https://youtu.be/YVCCRxJKsx8>

Howie Mandel – Talk to someone, find that someone to talk to

<https://youtu.be/N5fK-BZNghe>

Student Athletes from Canadian Universities talking about mental health, mental illness and reducing stigma

<https://youtu.be/pQE-wpOnRDs>

Alexis Lahorra wants you to know it's okay to not be okay. Her friends helped her by noticing she wasn't herself and asking if she was okay.