

Mental Health: What You Need to Know



WHAT IS MENTAL HEALTH?



Mental health refers to a person's well-being—emotional, psychological and social—including how they handle stress, relate to others, make decisions and cope with life's challenges.

Good mental health is key for realizing one's potential, working productively and making meaningful contributions to the community.

Bell Let's Talk

Bell supports various mental health organizations across the country and has its own initiative, [Bell Let's Talk](#), aimed at reducing mental health stigma and promoting open dialogue.

[Bell Let's Talk](#) Day is Bell's annual day dedicated to raising mental health awareness. The company donates funds to mental health initiatives based on interactions such as texts and social media posts using the hashtag #BellLetsTalk.

More information about [Bell Let's Talk](#) can be found in the Resources section.



MANAGING MENTAL HEALTH

A combination of strategies aimed at maintaining and/or improving one's emotional and psychological well-being are crucial for managing mental health.

Mental health management can include the following:

- **Self-Care** | Caring for your physical well-being. Regular exercise, sufficient sleep, balanced diet, etc. can positively impact your mental well-being.
- **Social Connections** | Strong and supportive social connections. Time with friends and family, social activities and positive relationships, are crucial for mental health.
- **Stress Management** | Effective relaxation techniques. Mindfulness, meditation, deep breathing exercises, yoga, etc. can prevent stress from escalating into more serious mental health issues.
- **Healthy Lifestyle Choices** | Substances can have negative effects on mental well-being, limit your consumption of alcohol and avoid recreational substance use.

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- **Set Realistic Goals |**

Break larger tasks into smaller, manageable goals to boost your self-esteem and sense of accomplishment.

- **Seek Professional Help |**

Do not hesitate to seek help if you are struggling. Therapists, psychologists and psychiatrists are trained to provide support and guidance.

Mental health is a dynamic and individualized aspect of everyone's well-being. What works for one person may not work for another.

It is essential to explore and find strategies fitting your unique needs and preferences. If you or someone you know is struggling with mental health issues, seek professional help for proper assessment and support or call your local mental health and suicide prevention hotline.

Crisis Services Canada

Confidential & Immediate Support:

Call or Text 9-8-8 (24/7)

(new number as of Nov 30, 2023)

OR

Visit their website:

[Crisis Services Canada](https://www.crisisservices.ca)



RESOURCES

These resources are not exhaustive; individuals should explore options best suited to their needs.

In case of an emergency or immediate assistance is required, contact your local emergency services or visit the nearest emergency room.

- ESC: [Psychological Health and Safety Resource Centre](#)
- ESC: [Mental Health: The cost of mental health on workers and employers](#)
- ESC: [Mental Health: Obligation to reinstate psychologically injured workers](#)
- ESC: [COVID-19: Mental health resources](#)
- ESC: [Men's Mental Health](#)
- Bell [Let's Talk](#)
- AB: [Resources on Psychosocial Hazards](#), including videos on Mental Health
- [Wellness Together Canada](#)
- [Canada.ca - Mental Health Support](#)
- [Canadian Mental Health Association](#)
- Therapy and Counselling Services: [Psychology Today Directory](#) or [Canadian Counselling and Psychotherapy Association](#)
- Telehealth Services: [eMentalHealth.ca](#)
- [BounceBack](#)
- Indigenous Mental Health Services: [Hope for Wellness Helpline](#)
- [Workplace Strategies for Mental Health](#)
- Addiction Services: [Canada Drug Rehab Addiction Services Directory](#)
- Specific Mental Health Conditions: [Mood Disorders Society of Canada](#) and the [Schizophrenia Society of Canada](#)
- Your organization's Employee and Family Assistance Program