



JANUARY


HIGHLIGHTS



Dear Stigma-Free Community,

We hope your new year is off to a fantastic start! In this month's Highlights, we are excited to feature resources that will support you to actively participate in raising

mental health awareness on Bell Let's Talk Day. Join us as we take part in this initiative and start conversations that dismantle mental health stigma. We are equipping school staff, parents/guardians and caregivers with the tools they need to provide mental health education within their families, schools and communities. Let's work together to bring this crucial education to young people!



1 in 2 people
struggling aren't
getting the help
they need.

Let's create
real change
in mental health.



bell.ca/letstalk

Take Action with Us on Bell Let's Talk Day - January 24th

[Bell Let's Talk Day](#) is just around the corner! This event, is about banding together to support one another and end mental health stigma – a mission that is

at the heart of Stigma-Free Society. We invite you to participate on **January 24**, and join us in starting conversations around mental health. Whether it's checking in on a friend, sharing your story on social media with the hashtag **#BellLetsTalk**, or learning about mental wellness, taking action can contribute to a happier and healthier community.

Educators, parents/guardians and caregivers: if you are looking for activities to keep youth engaged on Bell Let's Talk Day, check out our [Student Mental Health Toolkit](#) for easy-to-use, no-cost resources and ideas. Our [Conversation Cards](#) and [Coping with Mental Health](#) resources are both great places to start.

How will you be promoting mental health awareness on Bell Let's Talk Day?
Share your activities on social media by tagging us and adding the hashtag #StigmaFree. Let's raise awareness and make mental health a priority!



Stigma-Free Pledge and Stigma-Free Tool



Change begins with each of us.

Educators: Take the Stigma-Free Pledge and Share the Stigma-Free Tool

with Your Class!

Our Stigma-Free Pledge and Tool are the perfect activities for educators to foster an inclusive environment in their classrooms. You and your students can pledge to take actions that reduce the stigma around mental health and ensure that all students are respected, regardless of their differences. Plus, you'll get your own printable certificate once you take the pledge. The Stigma-Free Tool helps students and educators assess their own attitudes around stigma and see where they have room to grow and learn more.

You and your students can make a lasting difference in your school community: check out these resources and spread the word!

[Take the Stigma-Free Pledge](#)

[Try the Stigma-Free Tool](#)



iA Philanthropic
CONTEST RESULTS

We want to express our gratitude to iA Financial Group and everyone who voted

for us in the iA philanthropic contest. Although we did not win the grand prize of \$100,000, we were a finalist in the contest and are set to receive a **\$10,000** donation! This generous donation will empower our mission and help us continue bringing accessible mental health resources and anti-stigma education to people across Canada.

Thank you for your continued support, and stay tuned for future contests.

Presenter Spotlight



Sunny



Meet Sunny, one of the amazing presenters for our [Virtual Stigma-Free Presentations](#). Sunny is a life coach, motivational speaker, and Human Resources Professional. Growing up in a single parent household, enduring bullying, and being told he would not amount to much made Sunny's early years very tough. It wasn't until he went to university that he finally started to do well in life and develop confidence. Once he graduated university, he wanted to continue to learn and grow. He started to read books and has read over 150 since. Through reading, he began to reflect on his life and realized he truly overcame the odds

and achieved success. From there, he decided to become a speaker and coach to help people do the same thing. Sunny now helps individuals develop confidence to live an authentic life on their own terms and be more emotionally aware. In his speaking, he raises awareness around expressing your emotions, being confident to live an authentic life, and having more fulfilling relationships that involve enforcing boundaries and having tough conversations.

Topics of expertise:

Mental health, bullying, learning disabilities, growing up in a single parent household, resilience

3 ways to describe Sunny's talk:

- Authentic
- Energetic
- Inspiring

Our Virtual Stigma-Free Presentations provide a platform for individuals like Sunny to share their impactful stories with students and reduce stigma. [Click here](#) to learn more about our Virtual Presentations and our team of presenters – their stories are sure to inspire and resonate with school staff and students alike.

THANK YOU

for your support

Thank you for being an integral part of Stigma-Free Society!

Questions about our programs? Reach out to us through our contact page or email us at info@stigmafreesociety.com to learn how you can bring Stigma-Free Society's resources to your community!

Warm regards,
The Stigma-Free Society Team



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