On January 26, participate in Bell Let’s Talk Day!

Join the conversation and Bell will donate 5¢ towards Canadian mental health initiatives for every:

- Text message*
- Local or long distance call*
- #BellLetsTalk use on Twitter and TikTok
- Use of the Bell Let’s Talk Facebook frame
- Use of the Bell Let’s Talk Snapchat lens

Official Bell Let’s Talk Day video view on social media: 👍👍👍👍👍

All at no cost to participants beyond normal charges to their service provider for online or phone access.

*By a Bell, Bell MTS or Bell Aliant mobile or home phone customer. Regular service charges apply.