



Talk Bubble Instructions

You can use these talk bubbles with your classmates, colleagues or community to join the world's largest conversation about mental health and share what actions you're taking to help create real change. You can use one of the CHANGE actions below for inspiration or come up with your own!

Choose a mental health organization to learn about or support

Help a friend struggling with mental health issues by learning ways to support them

Ask about how your school, workplace, or community is creating change for mental health

Nurture your own well-being by practicing and learning mental health strategies

Get involved in a mental health initiative or organize an event to support mental health

Engage in conversations about mental health to fight stigma

If printing:

- Print the talk bubble PDF
- Fill in the talk bubble to share what action you're taking to help create positive change for the mental health of yourself or someone you care about
- Share it virtually with your class, community or workplace
- Take a photo and share it on social media using #BellLetsTalk to inspire others to join you in creating real change

If creating a digital talk bubble:

- Save the talk bubble image files to your computer or phone
- Use your favourite free editing software or upload the image to your social media account to fill in the talk bubble and share what action you're taking to help create positive change for the mental health of yourself or someone you care about.
- Email the image to your friends, families or colleagues, or share it on social media using #BellLetsTalk to inspire others