

Seneca, let's keep talking

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Now in its 12th year, [Bell Let's Talk Day](#) promotes mental health and increases awareness around mental illness.

As we continue to navigate the pandemic, it is important to keep connecting, supporting and talking to friends, colleagues and loved ones about mental health. Join Seneca on Instagram at one of today's many events and let's talk about mental health:

- [Preview 9:30am](#)
- [Counsellor Hot Seat 10:00am](#)
- [First Peoples @Seneca 11:00am](#)
- [Support in your Journey 12:00pm](#)
- [Let's Talk Conflict 1:00pm](#)
- [SSF 2:00pm](#)
- [Stretch to De-Stress 3:00pm](#)
- [Thriving Virtually 4:00pm](#)
- [Teammates supporting one another](#)
- [Social Wellness Series Kahoot 5:00pm](#)

Remember, the conversation doesn't have to end today. If you need help or would like someone to talk to, there are many resources available to you. [Seneca](#) offers free, confidential support online and by phone. To book an appointment, email senecacnas@senecacollege.ca or call one of the following campus locations:

- King Campus – 416.491.5050 ext. 55157
- Newnham Campus – 416.491.5050 ext. 22900
- Seneca@York Campus – 416.491.5050 ext. 33150

If you are in crisis or have immediate concerns outside Personal Counselling & Accessible Learning Services' hours of operation, the following resources are available:

- [Good2Talk](#) – call 1.866.925.5454 or text GOOD2TALKON to 686868

- Mental Health Helpline – call 1.866.531.2600
- your nearest hospital emergency room

The Centre for Addiction and Mental Health also has a variety of resources available about [mental health](#).

Join the Seneca community and keep the conversation going – use the hashtag #BellLetsTalk on social media throughout the day.

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