

Seneca, Let's Talk

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How are you doing? Four simple words that can make a big difference in someone's day.

It is important to talk to friends, colleagues, professionals and loved ones when it comes to mental health. Seneca will be joining the conversation through a variety of events hosted by Athletics & Recreation, Seneca Student Federation, Student Life and Counselling & Accessibility Services, in support of [Bell Let's Talk Day](#).

Students and employees can participate in events about wellness, counselling and accessibility, as well as mental health throughout the day.

Learn more about the events taking place at senecacollege.ca/letstalk.

Remember, the conversation doesn't have to end on today. There are many resources available to you if you need help or would like someone to talk to, including the .

Join the Seneca community and let's keep the conversation going — use the hashtag #BellLetsTalk on social media throughout the day.

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