

BELL LET'S TALK DAY!

Join us for a week of events hosted by the Mental Health in the Digital Age Lab!



January 21 - January 28, 2026

WEDNESDAY, JANUARY 21 12-1 PM (EST) VIRTUAL	THURSDAY, JANUARY 22 5-5:30 PM (EST) VIRTUAL	FRIDAY, JANUARY 23 12-1 PM (EST) VIRTUAL
Can We Talk? Helping Those in our Circle of Care <i>This event is open to Ontario Tech students, employees, and the public.</i> In this virtual session, we will explore communication strategies for supporting people in our circle of care who are struggling with their mental health. This may include family, friends, coworkers/employees, or students in our care. We will examine strategies for checking in, opening the conversation, de-escalation, building hope and providing encouragement. CLICK HERE TO REGISTER!	Can We Talk? Helping Those in our Circle of Care <i>This event is open to Frazer Faculty of Education students.</i> In this virtual session for Faculty of Education students, we will explore communication strategies for supporting people in our circle of care who are struggling with their mental health. This includes peers, students, family and friends. We will examine strategies for checking in, opening the conversation, de-escalation, building hope and providing encouragement. There will be a special focus on educational colleagues and students. CLICK HERE TO REGISTER!	Talking to Children and Youth about Difficult Content in the News <i>This event is open to Ontario Tech students, employees, and the public.</i> In this session, we will investigate how difficult news and media content can affect the well-being of children and youth. Evidence-based strategies for engaging in challenging conversations will be explored, along with recommendations for fostering a sense of safety and supporting young people as they navigate news coverage of complex, local, and global issues. CLICK HERE TO REGISTER!
TUESDAY, JANUARY 27 12-1 PM (EST) IN-PERSON Suicide Interventions <i>This event is open to Ontario Tech students and employees - hosted on the Charles Hall campus (room TBA).</i> In this session, we will examine the difficult but important topic of suicide. We will explore risk factors, signs and symptoms and intervention strategies. We will also discuss the available community resources. Participants will receive take-away resources from this in-person session. A key theme will be supporting people in real-world settings at work, in our communities and at home. CLICK HERE TO REGISTER!	TUESDAY, JANUARY 27 7-8 PM (EST) VIRTUAL Suicide Interventions <i>This event is open to Ontario Tech students, employees, and the public.</i> In this virtual session, we will examine the difficult but important topic of suicide. We will explore risk factors, signs and symptoms, and intervention strategies, especially for online environments (email and social media). We will also discuss the available community resources. Participants will receive take-away resources from this session. CLICK HERE TO REGISTER!	WEDNESDAY, JANUARY 28 12-1 PM (EST) IN-PERSON Drawing for Wellness: Applying Principles of Art Therapy for Our Own Mental Health <i>This event is open to Ontario Tech students and employees - hosted on the Charles Hall campus (room TBA).</i> In this session, we will examine what art therapy is and how it supports mental health. Participants will learn how to apply principles of art therapy to support their own and others' well-being, including children, youth, and students. Self-care practices for employees that use a range of creative arts will be demonstrated. This session is led by Dr. Jennifer Laffier, a licensed creative arts therapist. CLICK HERE TO REGISTER!