



Calgary Counselling Centre offers practical advice to maintain mental well-being on Bell Let's Talk Day

CALGARY, January 25, 2023 – Bell Let's Talk has announced a new direction for their annual mental health awareness campaign. The new campaign – *Let's change this* – emphasizes the key challenges faced by Canadians and explicitly asks us all to make positive changes for better mental well-being. In keeping with the campaign theme, Calgary Counselling Centre is recommending simple, practical actions that anyone can take to improve their mental health.

Mental health doesn't have to be complicated. By intentionally choosing activities and habits that foster good mental health we can improve our mood and strengthen our resiliency. Going for a 10 minute walk at lunch, playing sports with a friend, or getting to sleep earlier are all things we can do to take care of ourselves.

"These past few years have been challenging for our community," says Dr. Robbie Babins-Wagner, CEO of Calgary Counselling Centre. "Bell Let's Talk Day helps us put the spotlight on actions we can take to improve our mental health and well-being for ourselves and all Canadians. Taking actions, however small they may be, is critical to improve mental health."

Dr. Robbie Babins-Wagner is a spokesperson for Western Canada as part of the Bell Let's Talk national campaign conducting media interviews and participating in the community grants advisory and selection committee.

The following are examples of simple actions to improving your mental health:

- Physical activity and movement – this does not need to be strenuous exercise. Even just a regular walk around the block can positively impact your mood.
- The right amount of sleep – getting too much or too little sleep can be a red flag – adults should aim for 7-9 hours of sleep each night, teens should be getting 8-10 hours, and children should get 9-11 hours sleep.
- Social connection – Go for a walk with a friend, call your parents, visit with your neighbours – nurturing your social connections is critical for good mental health.
- Reach out for help – If you're struggling, don't wait – the sooner you get professional help, the better and faster the results. Calgary Counselling Centre offers highly effective counselling with no wait list or financial barriers.

Calgary Counselling Centre has been the grateful recipient of the Bell Let's Talk Community Fund grant in 2017, 2019, and 2021

Anyone interested in accessing the services at Calgary Counselling Centre can register online, anytime at calgarycounsellingcentre.com, or by calling 833.827.4229.

About Calgary Counselling Centre:

Since 1962, Calgary Counselling Centre has been providing the most effective counselling services with the highest client results in the industry. As the preeminent research, training and knowledge-based counselling organization in Canada, The Centre offers counselling to all age groups in a variety of areas including depression, children's programs, domestic abuse, eating disorders, separation/divorce, trauma and self-esteem. Through ongoing research and education programs, Calgary Counselling Centre is committed to meeting the changing needs of our community.

For more information or to arrange an interview, please contact:

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