



## **Talk Bubble Instructions**

Supporting ourselves and each other is an important step in creating positive change.

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 are taking to support yourself or someone you care about.

If printing:

- Print the talk bubble PDF
- Fill in the talk bubble to share what you are doing to join in to support 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

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 you are doing to support yourself or someone you care about
- Email the image to your friends, families or colleagues, or share it on social media using #BellLetsTalk



