



AMANDA TODD LEGACY **'THE DREAM OF HELPING KIDS'**

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The Amanda Todd Legacy Society would like to invite you to participate in the 4th Annual Light Up Purple campaign for World Mental Health Day (WMHDay) on October 10th, 2016. WMHDay was first celebrated in 1992 as an initiative of the World Federation for Mental Health.

We are pleased to see an increased awareness in mental illness by the growing involvement in Light Up Purple over the past three years. People, schools, businesses, organizations and landmarks from all around the world have joined together to show their support through illumination, proclamation, and wearing purple. This year we hope to expand of our list of supporters and encourage all to participate in this event.

Amanda's lasting message is based on her 'Dream of Helping Kids'. Her story continues to be shared in many countries around the world with people of all ages. Awareness and understanding with respect to exactly what mental health is and how we can educate around it, is so very important.

The You Tube video Amanda created depicts the struggles she felt after endless years of torment due to bullying, cyberbullying and exploitation. It has been viewed cumulatively over 47 million times and within it, she shares her thoughts - "I'm struggling to stay in the world, because everything just touches me so deeply. I'm not doing this for attention. I'm doing this to be an inspiration and to show that I can be strong. I did things to myself to make the pain go away, because I would rather hurt myself than someone else. Haters are haters but please don't hate, although I'm sure I'll get them. I hope I can show you guys that everyone has a story and everyone's future will be bright one day, you just gotta pull through. I'm still here aren't I?"

The world needs to stand together as one to **MAKE A DIFFERENCE** for our children now in the present and into the future. By educating and empowering all children and adults to speak up, reach out, and to not 'be a bystander'. We must advocate for change to avoid additional casualties. As caring communities of parents, youth, families, friends, classmates, co-workers and neighbours, we must **STAND UNITED**. Together we can show the entire world by lighting up purple that we say **NO** to bullying and the stigma of mental illness.

Please support the #lightuppurple campaign on October 10th by helping to #makeadifference by standing together to create awareness towards mental health and cyberbullying.

Carol Todd
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www.amandatoddlegacy.org