



AMANDA TODD LEGACY
'THE DREAM OF HELPING KIDS'

amandatoddlegacy.org | info@amandatoddlegacy.org

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Please join the [Amanda Todd Legacy Society](http://AmandaToddLegacySociety.org) and participate in our fifth annual awareness event [Light Up Purple for World Mental Health Day](http://LightUpPurple.org). This event is supported by the World Federation for Mental Health, at whose initiative World Mental Health Day was first celebrated in 1992 on October 10th. The theme for 2017 is "Mental Health in the Workplace".

Mental health, such as depression, in the workplace affects 350 million people globally. Depression costs more for employers than is spent on effectively managing it. Employees suffering in silence are burdened with the inability to access appropriate treatment or will not receive treatment at all. Investing in mental health will reduce the burden and increase the quality of so many lives. Speaking out about mental health is needed to reduce stigma and ensure that no one feels alone in their fight for mental wellness.

We would be honored if you would join us this year for Light Up Purple. We are pleased to have seen increased involvement with this event over the past four years, and the awareness it is bringing to mental health and wellness around the world. Buildings, landmarks and bridges across Canada, the USA and Internationally have been illuminating for 'Light Up Purple'. We hope to see all our previous supporters, along with new ones, **light up purple on October 10th, proclaim and build awareness for World Mental Health Day, and wear or do something purple themed.**

The Amanda Todd Legacy is a non-profit society that focuses on awareness and the well-being of individuals with respect to prevention and awareness relating to bullying, cyber abuse and internet safety as well as resources and education that encourage mental wellness and healthy living.

Standing together as one we can make a difference for everyone. By educating and empowering children and adults, we advocate for change to avoid more casualties. We, as caring communities of parents, youth, families, friends, classmates, co-workers and neighbors, must stand together and #MakeTodayPositive. Together we can show the entire world by lighting up purple that we say NO to bullying and the stigma of mental illness.

Please join us this year and help to make a #GlobalDifference in the awareness surrounding mental health this October 10th.

Carol Todd
Founder of the Amanda Todd Legacy Society
#MakeTodayPositive