



Greetings from Frank Cardinal Leo, Metropolitan Archbishop of Toronto:

I pray you are living a grace-filled and prayerful Lent. In strengthening the body of Christ in our archdiocese, we hope to communicate electronically more regularly in the months ahead regarding matters of importance to our Catholic community. If these updates are not helpful, you can always unsubscribe through the link provided below.

As you know, our faith teaches us that every human life is sacred — from conception to natural death. Each person is created in the image and likeness of God. No suffering, however profound, ever diminishes that dignity. I am also keenly aware of the pain and anguish of mental illness that has touched the lives of so many parishioners, family members, colleagues and loved ones.

I write today to invite you to visit HelpNotHarmCanada.ca and contact your Member of Parliament (MP) in support of Bill C-218, a private members' bill that would amend the Criminal Code to prevent Medical Assistance in Dying (MAiD) when mental illness is the sole underlying condition. The entire process should take no more than three minutes. Tragically, euthanasia in our country has expanded at an alarming rate — we must elevate our voices to halt further harm, fostering a culture of life and loving support to care for one another.

Time is of the essence. Bill C-218 is scheduled for second reading in early April 2026, with a vote expected by mid-April. Without this legislation, the law will expand to provide MAiD for those with mental illness as the sole underlying condition as of March 17, 2027.

Mental illness is real and deeply painful. Yet important truths must guide us:

- A desire to die can be a symptom of mental illness itself.
- Mental illness is often treatable, and recovery remains possible.
- Serious gaps in mental health care support persist in Canada.

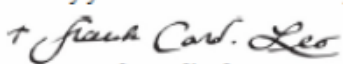
Those who suffer are frequently among the most vulnerable.

Our response must be love, solidarity, and a steadfast commitment to care. We are called to offer help, not harm; hope, not despair; protection, not abandonment.

I encourage you to visit HelpNotHarmCanada.ca and respectfully urge your MP, regardless of party affiliation, to vote their conscience and support Bill C-218. I will also be writing to all Members of Parliament in the Archdiocese of Toronto, as well as to the Prime Minister and the Minister of Justice to share my deep concern. You may also wish to read a recent statement by the Canadian Conference of Catholic Bishops on this issue.

Advocating for laws that protect life is a meaningful expression of our faith in action — most especially during this Lenten journey, a time of prayer, fasting and almsgiving.

Let us pray for our elected officials, that they may be guided by wisdom and courage. May we also hold close in prayer all who live with mental illness and their families, that they may receive compassionate care and renewed hope. Thank you for your kind consideration of my request. Be assured of my prayers for you and your loved ones.

Sincerely yours in Jesus with Mary,

Frank Cardinal Leo
Metropolitan Archbishop of Toronto