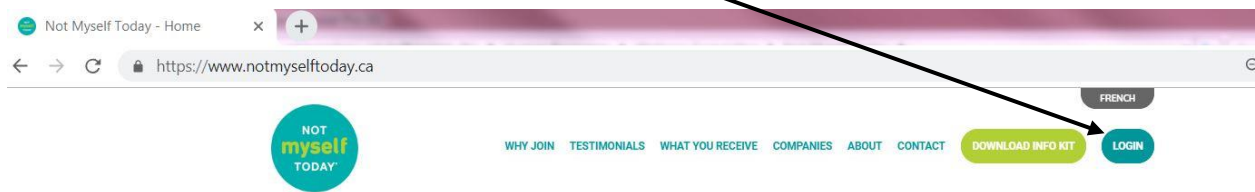




Use the Tools!

Here's how to access *Not Myself Today*

To log on, go to: www.notmyselftoday.ca



Mental Health Is
Everyone's
Business.





Login

Mental health is everyone's business.

Many of us are personally affected by mental health issues or illnesses. But we all have mental health and need to take care of it. Join us in raising awareness and building a mentally healthy workplace through participation in Not Myself Today®.

We encourage you to explore this site and the tools and resources offered to support your own mental health and those who may be facing challenges. Thank you for making mental health matter in your workplace.

Username (required)

Password (required)

Remember Me

Remember Me

LET'S CONNECT

CREATE A NEW ACCOUNT

RECOVER ACCOUNT

CLICK HERE FOR 2018

Click on **2018** – that's our program

To log onto the portal, all faculty and staff can use the same username (**BrandonU_em**) and password (**NMT@BU**):



WELCOME

Thanks for joining the *Not Myself Today* movement to build more mentally healthy workplaces.

You are part of a growing and vital nationwide network of organizations that recognize the staggering cost of mental health to our economy, to the lives and livelihoods of colleagues, friends and family, and also to your business. You are stepping up for better support of mental health in the workplace.

Not Myself Today equips you with information, tools and resources you can use to help inform and spark conversation and learning among your employees, and support positive change within your workplace.

Let's get started!

The Username and Password is the same for all faculty and staff to log onto the portal

For 2017 click here

USERNAME OR EMAIL ADDRESS

PASSWORD

REMEMBER ME

LOGIN

Username:
BrandonU_em

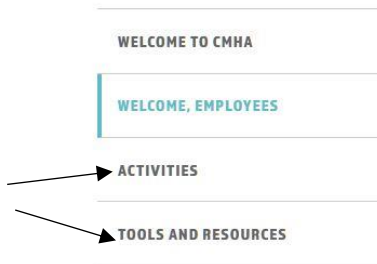
Password:
NMT@BU

You can access this portal anywhere – on campus, at home, on vacation!

This is what you will see when you log on:



Check these out!



WELCOME, EMPLOYEES

Mental health is everyone's business.

Many of us are personally affected by mental health issues or illnesses. Join us in raising awareness and building a mentally healthy workplace through participation in *Not Myself Today*®.


We encourage you to explore this site and the tools and resources offered to support your own mental health and those who may be facing challenges.

Thank you for making mental health matter in your workplace.

ACTIVITIES include:

- ❖ A quick *Test Your Stress* quiz which you can print under **TOOLS & RESOURCES**
- ❖ Emotional Intelligence: Fact or Not?
- ❖ Mood Badges you can create
- ❖ Quick tips to guide you through Mindful Moments
- ❖ Pledge certificate


ACTIVITIES



TEST YOUR STRESS

Take this quick, 10-question test to find out your stress level and learn some tips to de-stress at work.


[TAKE THE TEST](#)



#GETLOUD FOR CMHA MENTAL HEALTH WEEK

On May 11th, we want your workplace to #GETLOUD for mental health!


[FIND OUT HOW](#)



EMOTIONAL INTELLIGENCE: FACT OR NOT?

How much do you know about emotional intelligence? Test out your EQ with this interactive flip card game.


[PLAY NOW](#)



EXPRESS YOURSELF

How are you feeling today? Create your own mood badge and show your support for mental health and for people facing challenges.


[CREATE MOOD BADGE](#)



MINDFUL MOMENTS

Learn simple concepts and get tools to practise mindfulness and meditation. Listen to a series of audio sessions and participate in a variety of practices. Download quick reference cards for regular practice.

[LISTEN](#)



TAKE THE PLEDGE










This activity offers an opportunity for you to show your commitment and ongoing support of mental health. Sign the online pledge and download and display your personalized certificate.

[TAKE THE PLEDGE](#)

TOOLS and RESOURCES include:

- ❖ A printable copy of the stress test
- ❖ Mental Health 101 tips
- ❖ How to recognize mental health problems and where to find support
- ❖ MythBusters
- ❖ Learn what to say and what not to say
- ❖ Learn what you can do to support a co-worker
- ❖ Tips to improve your Emotional Intelligence
- ❖ Watch some videos from people who have lived with mental illness and what you should know

TOOLS AND RESOURCES

 <p>STRESS TEST A printable copy of our online stress test. Take this quick, 10-question test to find out your stress level and learn some tips to de-stress at work.</p> <p>VIEW</p>	 <p>LANGUAGE DOS AND DON'TS Discover how to be mindful of language, changing it to be more accurate and empathetic towards people experiencing mental health problems and mental illness.</p> <p>DOWNLOAD</p>	
 <p>MENTAL HEALTH 101 Learn about mental health and mental illness and resources available, and discover ways to support your own mental well-being.</p> <p>DOWNLOAD</p>	 <p>SUPPORTING A CO-WORKER Learn about the signs and symptoms of mental health problems and the steps to approach and support a co-worker who may be facing issues.</p> <p>DOWNLOAD</p>	
 <p>WHERE TO GET HELP Learn the signs and symptoms of mental health problems and mental illness and about treatment and support options.</p> <p>DOWNLOAD</p>	 <p>TIPS TO IMPROVE YOUR EMOTIONAL INTELLIGENCE Find out what emotional intelligence or "EI" is, the benefits of EI and get tips of how you can improve your EI.</p> <p>DOWNLOAD</p>	 <p>"A MENTAL HEALTH MOMENT" VIDEOS View our "Mental Health Moment" videos which offer compact learning about a specific topic of interest around mental health or mental illness. Get useful information and tips that you can use in your daily life. Each video is about 10 minutes in length.</p> <ul style="list-style-type: none">• Mental Health and Mental Illness Explained• The Early Warning Signs• Top Myths Debunked• Minding Your Language• How to Support a Co-worker Facing Issues• Improve Your Emotional Intelligence <p>VIEW</p>
 <p>LET'S BUST SOME MYTHS Let's tackle the most common myths. Find out what is fact and what is fiction when it comes to mental health and mental illness.</p> <p>DOWNLOAD</p>	 <p>VIDEOS OF PEOPLE WITH LIVED EXPERIENCE View three short videos featuring real-life experiences of people living and working with mental illness.</p> <p>VIEW</p>	

As a reminder:

All employees have access to our Employee and Family Assistance Plan (EFAP) through LifeWorks. There are a number of other resources available including Kids Help Phone (1-800-668-6868), Good2Talk helpline (1-866-925-5454), Prairie Mountain Health Authority Adult Crisis Line 24/7 (1-888-379-7699) and Mobile Crisis Services (204-725-4411). If you or someone you know needs support, please reach out.