



Canadian Mental
Health Association
Mental health for all

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Not Myself Today – FAQs

Q. What is the “Not Myself Today” program?

A. A workplace mental health initiative presented by the Canadian Mental Health Association to promote mental health and wellbeing in the workplace.

Not Myself Today (NMT) is an evidence-based, accessible and practical solution, aligned with the National Standard of Canada that helps employers transform mental health at work.

NMT was created to build knowledge, understanding, and start conversations about mental health in the workplace. It equips you, your leaders and your managers with information, tools and resources to support mental health, reduce stigma and build a safe and supportive work environment.

Q. Why has the College implemented this program?

A. The College recognizes the importance of having safe, supportive and mentally healthy spaces and is committed to taking action.

The NMT program enables the College to address an immediate need and provide additional information and supports to employees experiencing mental wellness concerns as a result of COVID19. This program also aligns with the College-wide Mental Health Strategy under the Strategic Plan.

Q. What kind of information is available through the Not Myself Today program?

A. NMT provides a physical and online mental health toolkit, which includes a variety of activities, tools and resources.

For example, there are 5 different Learning Modules (Learning the Basics, Working with Emotions, Addressing Stress, Building Culture, Talking Openly), Mental Health Tip of the Week, Resources for Caring and Coping During COVID-19, Canadian Mental Health Association Supports and various activity suggestions.

Q. How do I find out more about the program and access the resources available through the Not Myself Today program?

A. To review additional information and create an account, visit <https://notmyselftoday.ca>. To create an account select the login button and then select “create a new account”. Enter your own unique user name & password, input the following Access code **QGDQEM** and provide information for the 3 security questions & answers.

You can also refer to the login instructions on DC Connect.

Q. Will anyone be able to identify that I have used this resource? Is this confidential?

A. Your username and password are only being used to access the platform. No identifiable personal information will be collected.

Q. What if I forget my password or am having difficulties logging in to access the program resources?

A. You can select “RECOVER ACCOUNT” while on the login page (<https://notmyselftoday.ca/login>) and answer the 3 security questions you selected during the account creation process. You can also contact your manager or one of the Not Myself Today Ambassadors if you have further questions.

Q. Is the Not Myself Today program available to all employees at Douglas College?

A. Yes, this program is available to all employees.

Q. What can I do to get more involved?

A. Some ways to get involved include: engaging in the educational activities, exploring the resources and becoming an active participant in creating a culture of mental health, well-being and inclusion in your workplace. You can also talk to your Manager or a NMT Ambassador about any additional opportunities to become more involved. A list of NMT Ambassadors is available on DC Connect.

Q. Are there any other mental wellness supports or resources offered by the College?

A. Please refer to the [Health and Mental Wellness Resources](#) page on DC Connect.

