

Not Myself Today Login Guide



Welcome to **Not Myself Today!**

To create an account, follow the steps below:

1

Visit notmyselftoday.ca

2

Select "LOGIN"



3

Select "CREATE A NEW ACCOUNT"

A screenshot of the account creation form. It has a green background and contains the following elements: a 'Username (required)' field, a 'Password (required)' field, a 'Remember Me' checkbox, a 'LET'S CONNECT' button, a 'CREATE A NEW ACCOUNT' button (highlighted with a red border), and a 'RECOVER ACCOUNT' button.

4

Create a USERNAME and PASSWORD

- USERNAME (cannot include spaces or special characters)
- PASSWORD (password must have at least 8 characters and contain at least two of the following: uppercase letters, lowercase letters, numbers, and symbols)
- Since access to the NOT MYSELF TODAY portal is anonymous, we recommend you write down your Username and store it somewhere safe; this will be helpful if you ever need to recover your account



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Enter the SIX-LETTER ACCESS CODE that was provided to you by your organization

Username (required)
firstlast

Password (required)
.....

Confirm Password (required)
.....

Access Code (required)
ABCDEM

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Select and answer three secret questions, then select "CREATE A NEW ACCOUNT"

Secret Question #3
In what city does your nearest sibling live?

Secret Answer #3

CREATE A NEW ACCOUNT

Congratulations! You have successfully created your personal **Not Myself Today** account!

Login to your account using your USERNAME and PASSWORD to view all the tools and resources.

If you experience any difficulties, contact notmyselftoday@cmha.ca

Your username and password are only being used to give you access to the platform; we will not be collecting any identifiable personal information. We will, however, be capturing ANONYMOUS data about user behaviour, results of engagement with our educational tools, and data describing user experience, frequency and duration of use. We will not use any data collected for the purposes of research, solicitation, or disclosure to any third parties.