

## It's okay to not be okay.

When you ask someone how they are and they answer,  
"Not so good" or "Not myself today"  
are you prepared to stop, listen and  
engage in a conversation about mental health?

Not Myself Today was created to build knowledge  
and 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.

Visit [www.notmyselftoday.ca](http://www.notmyselftoday.ca) to create a personal profile.

Code: **TUDGEM**

The logo for 'Not Myself Today' is located in the bottom right corner of the graphic. It consists of a dark blue square containing a white circle. Inside the circle, the words 'NOT', 'myself', and 'TODAY' are stacked vertically. 'NOT' is in a small, teal, sans-serif font. 'myself' is in a larger, bold, lime-green, sans-serif font. 'TODAY' is in a small, teal, sans-serif font, matching the 'NOT' text.

NOT  
**myself**  
TODAY

<https://www.notmyselftoday.ca/>