



In support of workplace mental health, HMECU participates in the *Not Myself Today*® program. This initiative, developed by the national charity Partners for Mental Health, aims to engage workplaces across Canada to support mental health and those who may be facing challenges.

The workplace can play a significant role in a person's life and has an impact on overall health and wellness. Many Canadians are affected by mental health issues or mental illness either personally or through a friend or family member. Despite 1 in 5 Canadians having a mental illness this year, stigma remains a huge barrier to people getting the help they need.

At HMECU, we want to ensure a healthy environment and help all employees perform at their best. *Not Myself Today*® provides information, tools and resources to raise awareness and understanding of mental health, reduce stigma and help build a psychologically safe and supportive work culture.

We all have a role to play in building a mentally healthy workplace, and we are doing our part to drive positive change in our workplace.

For more information about the *Not Myself Today*® program, visit www.notmyselftoday.ca