

BULLETIN

National Union endorses April's Not Myself Campaign to support mental health

April 12, 2012

During April, the *Not Myself Today* campaign intends to mobilize all Canadians in a movement to transform the way we think about, act towards and support mental health.

Ottawa (10 April 2012) ... The National Union of Public and General Employees (NUPGE) is joining a broad range of organizations to support the Not Myself Today campaign initiated by the newly-formed Partners for Mental Health. On hand for the campaign launch was NUPGE National President James Clancy and Vice-President (Ontario) Nancy Pridham.

-Issues concerning the mental health of Canadians have been a priority concern for the National Union for many years," said National President James Clancy.

-Our members are on the frontlines of delivering support and services to people with mental health problems. In addition we all have friends, family or colleagues who need assistance. It is an issue that affects us all."

During April, the *Not Myself Today* campaign intends to mobilize all Canadians in a movement to transform the way we think about, act towards and support mental health. All Canadians are encouraged to sign an online pledge at notmyselftoday.ca in support of mental health. The pledges will tell governments, health institutions, corporations and individuals that the status quo around mental health is unacceptable and that Canadians are willing to do something about it.

People are asked to imagine what it might be like to live with the feeling of not being yourself for not just one day, but for many days, and then living with the shame, discrimination and lack of treatment and support that often goes with it.

-All Canadians have had days when they didnt feel like themselves ... maybe they have felt anxious, stressed or even depressed ... paying attention to these feelings is part of taking care of ones own mental health," says Partners for Mental Health President Jeff Moat.

-It is our hope that Canadians will begin to think about their own and others mental health, to learn about the serious gaps that exist today in treatment, support services, research, funding and public understanding, and rally together to show compassion and solidarity for those living with mental illness."

Throughout April, Canadians can visit notmyselftoday.ca to sign the online, pin their mood to a virtual map of Canada and [join the conversation](#) by posting videos, audio recordings or short essays online about their own personal experiences with mental health. Canadians can also connect with Partners for Mental Health and *Not Myself Today* on [Facebook](#), Twitter, YouTube and Pinterest.

All events and activities occurring in April will culminate in a final Day of Action on April 30. Events will take place in schools and workplaces across the country to help Canadians learn more about mental health issues and the opportunities to transform the way we think, act towards and support mental health in Canada.

Partners for Mental Health is a national charitable organization that is committed to creating a new state of mind in Canada regarding mental health that is free of shame and rich in support and understanding. Partners for Mental Health began as a strategic initiative of the Mental Health Commission of Canada (MHCC), and is now a registered operating charity and independent from the MHCC.

More information:

[Get Involved: *Not Myself Today*](#)

[National Union's No Health Without Mental Health publication](#)

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180 East Columbia
New Westminster, BC V3L 0G7

Website
www.hsabc.org

Telephone 604-517-0994
1-800-663-2017