<table>
<thead>
<tr>
<th>How do I...</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creating and managing your account</td>
<td></td>
</tr>
<tr>
<td>Register for a MyCAMH account</td>
<td>3-5</td>
</tr>
<tr>
<td>Log in to your MyCAMH account</td>
<td>6</td>
</tr>
<tr>
<td>Reset your MyCAMH password</td>
<td>7</td>
</tr>
<tr>
<td>View your personal information</td>
<td></td>
</tr>
<tr>
<td>Change your communication preferences and displayed pages</td>
<td>8-9</td>
</tr>
<tr>
<td>Accessing your care at CAMH</td>
<td></td>
</tr>
<tr>
<td>Manage appointments</td>
<td>11</td>
</tr>
<tr>
<td>Complete self-assessments</td>
<td>12</td>
</tr>
<tr>
<td>View documents shared with you</td>
<td>13</td>
</tr>
<tr>
<td>Finding other resources to support you</td>
<td></td>
</tr>
<tr>
<td>Navigate the Education Hub</td>
<td>15</td>
</tr>
<tr>
<td>Find crisis services</td>
<td>16</td>
</tr>
<tr>
<td>View research at CAMH</td>
<td>17</td>
</tr>
</tbody>
</table>
Creating and managing your account
Register for a MyCAMH account

1) There are two ways to get a MyCAMH account:
   – Ask your care provider.
   – Fill out the form at [www.camh.ca/mycamh](http://www.camh.ca/mycamh).

2) CAMH will send you an email that includes the link to the registration page and a private six-digit PIN.

3) In the email, click the “Create Account” button to go to the registration page.

4) On the registration page, click “Terms of Service.”
Register for a MyCAMH account

5) Read the Terms of Service and check off the “Terms and Conditions” box. Then click “Start.”

6) Choose a “Used Name” to appear on your account. Only you will be able to see this name on your profile.

7) Enter your six-digit PIN and your date of birth.

8) Click “Verify.” You will get a pop-up message that says you now have a MyCAMH account. It will ask you to create a password.

9) Create a password for your account.
Register for a MyCAMH account

10) Click the “Text/SMS” or “Email” boxes if you want CAMH to send you certain kinds of information. Then click “Continue.”

11) Choose your preferred language for your account. Then click “Continue.”

Note: You can always change your communication and language preferences on the Settings page (see page 9).

12) You will be redirected to the home page of your account. You can now start using MyCAMH!
Log in to your MyCAMH account

1) Go to the MyCAMH login page at my.camh.ca.

2) Enter the email address and password that you used to register for your account.

3) Click “Sign In.”

4) Check your email for a verification code. Enter the code on the verification page. Then click “Log In” to get into your account.
Reset your MyCAMH password

1) On the MyCAMH login page, click “Forgotten Password,” which is under the “Sign In” button.

2) Check your email for a message that asks you to reset your password. Click the “Reset Password” button in the email.

3) On the Password Reset page, enter and confirm a new password. Then click “Reset Password.”

4) Use your new password to log in to your account.
**MyCAMH Tab**

**View your personal information**

1) To see personal information that CAMH has about you, log in to your account. Then select “My Profile” from the left menu.

Only you can see your “Used Name.” The other information on your Profile page is stored in your medical record at CAMH. Please contact Health Records if any information is incorrect: health.records@camh.ca
Change your communication preferences and displayed pages

1) Choose how CAMH communicates with you. Go to the Settings page on the menu and under “Communication Preferences,” toggle your choices for phone call, email and text/SMS.

2) Hide features of MyCAMH that you don’t want to see.
   - Go to the Settings page.
   - Under “Displayed Pages,” toggle off features that you don’t want to appear in your navigation menu.
   - To see features that you have turned off, go to the Settings page and toggle the features back on.
Accessing your care at CAMH
Manage your appointments

1) Log in and go to the left menu.

2) Click “Appointments.”

3) Use the drop-down menu above the month navigation bar to switch between calendar and timeline views.
   - Calendar view (A) shows what days you have an appointment each month.
   - Timeline view (B) shows in which months you have an appointment.

4) To join a virtual appointment, you will get a meeting link on your Appointments page. Click “Join” to get into your appointment.
Complete self-assessments

1) Log in and go to the left menu.

2) Click “Forms.”

3) If a self-assessment is ready for you to do, click the “Start Now” button.

4) Fill out the self-assessment.

5) Click “Save” to record your progress. You can change your answers before you submit the self-assessment.

6) Click “Submit” when you have finished the self-assessment.

Note: Your CAMH care provider can see your saved responses if you haven’t submitted the form yet.
View documents shared with you

1) To view clinical notes, which are documents such as treatment and discharge summaries, go to the left menu and click “Clinical Notes.”

2) To view non-clinical documents from your care provider, go to the left menu and click “Documents.”
Finding more resources to support you
Use the Education Hub

The Education Hub is a place where you can find resources to help with your mental health.

1) Log in and click “Education Hub” in the left menu.

2) Choose how you want to find resources. Here are your options:
   - To view a resource, click the purple arrow (A).
   - To refine the list, use the Select filter (B) drop-down menu to choose categories that interest you.
   - Use the Search field (C) to find specific terms in the resource.
Find crisis services

1) On any of your MyCAMH pages, click the purple “Crisis Support” button at the top right corner of the page.

2) On the Crisis Support page, look through the list of distress lines and choose a crisis service that you can contact to get support.
1) Log in and at the top of the page, click the “Research at CAMH” tab.

2) To explore research studies at CAMH, click “Find a CAMH Study.”

3) To learn more about research at CAMH, click “Research Connect FAQs.”