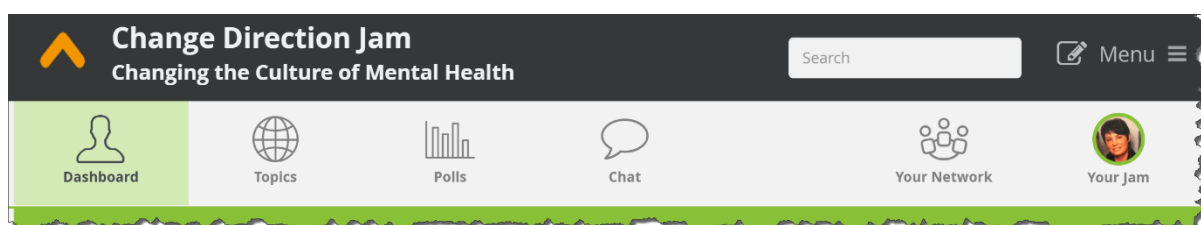


## How to Get the Most of your Jam Experience

The Change Direction Jam, a Global Conversation on Mental Health Culture Change is the first ever globally-coordinated event focused on mental health which allows you to share your experience or expertise, opinions and story while learning from others as you participate in this Global Conversation from the convenience of your home, office or local coffee shop.

### Where to start?

1. First, **register** for the Jam ahead of time. This way, you'll be ready to go when the online event opens on World Mental Health Day- October 10<sup>th</sup>. You can register here: <http://bit.ly/CDJam2019>.
2. When the Conversation opens, **log in with the email address you registered and the password you created**. (If you happen to forget your password when the Jam starts, you can request a one-time use temporary password via the Jam landing page.)



3. There are many ways you can experience the Jam platform. When you first log in, you will see the **Dashboard**. From here you can:
  - See all the 'best' and 'emerging' ideas thus far
  - Review the jam-wide themes and see what the latest buzz is about (click on a theme and join the discussions).
  - Look at the 'most liked' comments
  - Follow interesting jammers and watch posts – to see how the conversations and ideas evolve
4. Go to the **Topics** page and select a topic to explore.
5. Take some **polls**!
6. Build your own **network**. As you come across interesting posts, you may want to add the author to your network. Go to **Your Network** to find jammers or click on the 'follow' link when you come across an individual you want to follow.
7. And of course, **engage** online and explore!

Once the Change Direction Jam is underway, join in by helping to build on the ideas contained in the various conversations – or start your own.

Your participation in this Global Conversation will #ChangeDirection!