

HOW TO SIGN UP

The Starling Program is an online mental health and wellness tool that helps you assess, monitor and improve your mental wellbeing. As a member of the BCTF, it's available to you to use anywhere and anytime you want, for free.

Starling is and will always be 100% confidential. This is how you get started.

1. Find out your BCTF member ID

Your member ID is a unique 6-digit number that the BCTF assigns in order to track your membership information. If you do not know your member ID, you can use your employee district number to sign up for **MyBCTF**. When you successfully sign in, the system displays your member number which you can use to sign up Starling.

The screenshot shows the MyBCTF website interface. At the top right, there are navigation links: [BCTF Home](#), [A to Z Index](#), [Contact Us](#), and [Portal Help](#). The main header features the MyBCTF logo and the text "BC Teachers' Federation".

The main content area is divided into two sections:

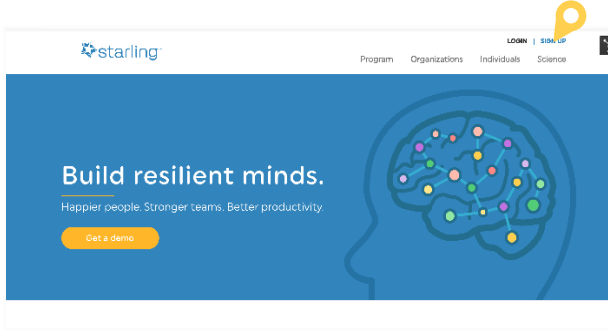
- First Time Here?**: Contains a "SIGN UP NOW" button. Below the button, it states: "Please note, your BCTF Member ID or your District Employee Number will be required for sign up." It also provides contact information: "Problems logging in? Try our [Member Portal Help](#) or email portal@bctf.ca for assistance."
- Sign In**: Contains two input fields: "BCTF Member ID*" and "Password*". Below these fields is a "LOGIN" button. To the right of the input fields are two links: [Forgot your Member ID?](#) and [Forgot your password?](#)

At the bottom of the page, there is a dark blue banner with the text "A Union of Professionals". Below this banner, the footer text reads: "Copyright 2016 (BCTF). Powered by [UnionWare](#). [BCTF Privacy Policy](#)"

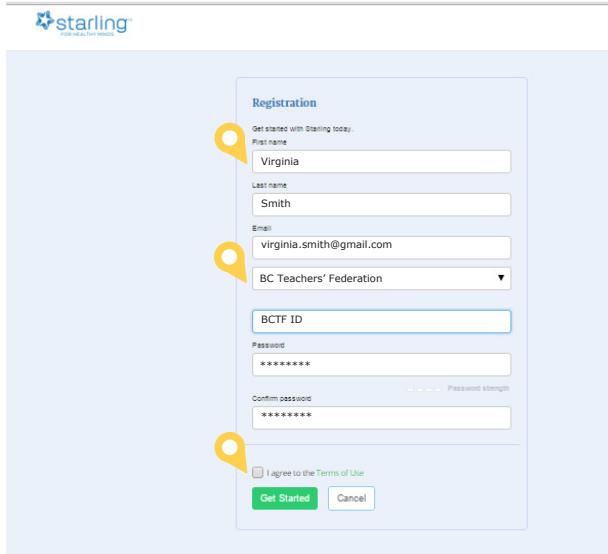
2.

Sign up to Starling

1. Go to starlingminds.com and click SIGN UP.



2. Fill in your name, e-mail address and password.



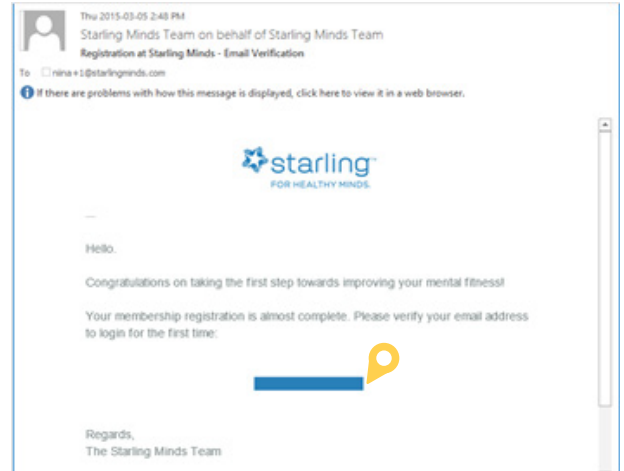
3. Select BC Teachers' Federation as your organization.

Fill in your BCTF ID number.

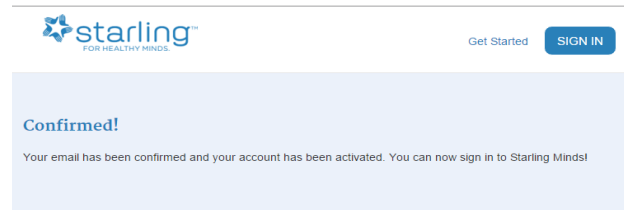
Accept the Terms of Use and click Get Started.

4. Confirm your email address by clicking the link in the email we send you.

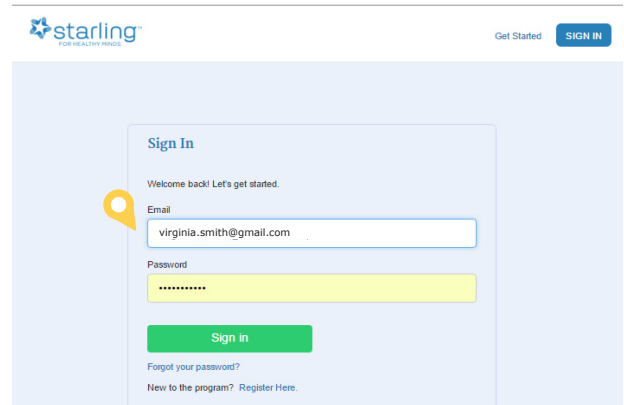
(Remember to check the spam folder.)



5. The link takes you back to the Starling program. Your registration is now confirmed.



6. Sign in by using your e-mail and password.

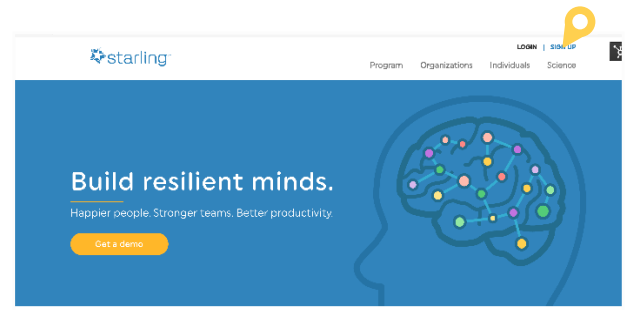


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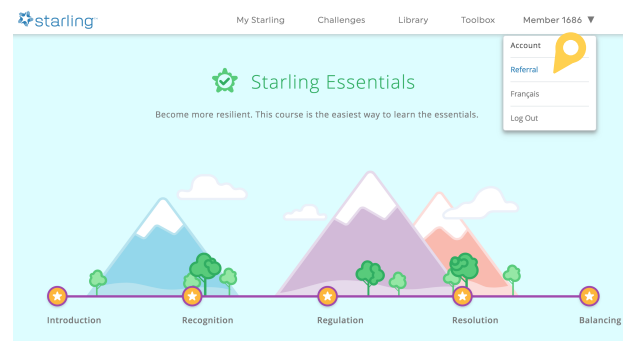
Refer a family member

When a family member struggles with mental health issues, it affects the whole family. Your organization has made it possible for you to support your loved ones by referring them to the Starling program. Referrals allow access to all the tools and courses, and they are completely free. Simply follow the steps below to send them an invitation to the Starling Community.

1. First register for the Starling program and then sign in.



2. Click your name on the top right corner, and select "Referral" from the drop down menu.



3. Fill in the first name, last name, and the e-mail address of the person you want to refer. Select your relationship and the primary language of the person you want to refer.

