

New Passwords for a New Year!

Hello Team!

I'm sad to announce that the world's hackers are getting smarter and more determined, and with the increase in the use of AI, password policies are having to get even more stringent to keep pace. As you know, GMH's current Password requirement is a 10 or more (Random) character password which contains all four of the required character types. (Capital Letters, Lower Case Letters, Numbers, and Symbols)

For example: hY8d*12@gk

I'm sure that you all relish being required to use this type of password. **(NOT)**

Many of you have successfully adopted the password phrase method which uses the First letter of all the words in a sentence to make a complex password!

EG: I think this Greater Mental Health Password System is the Best!
IttGMHpw5!tB!

However, as the required complexity grows from 10 to **15 or more** characters, this system could become increasingly difficult to utilize. **Huzzah for the IT team!!!** We are pleased to present you with a new way to make your password life easier and safer! This new 3 (random) word password system will provide you with a secure password, and it's easier to remember.

EG: Swirl27-queen-Axe!

This system takes 3 random words then adds in the required numbers, capital letters, and symbols to create a safe password that will take an AI significantly more than 90 days to hack which will be when you need to change it next. The Key to this system is that the words must be random! This means that you can't use **Children-John12-Susie!** Where John and Susie are the names of your kids or pets.

So, how do you get RANDOM Words and create one of these amazing passwords you ask??? It's Easy!!!

1. Choose 3 words using the categories listed below. **(You may only use 1 word from any category)**
2. Add 2 Numbers to the shortest Word
3. Add a Symbol to the next shortest word
4. Shuffle the words and add a hyphen (-) in between each word instead of a space
5. Et voila! That's your new Password!

Categories

A color	A Non-Sport Entertainment	A favorite food
A car Type or Make	A Zoo Animal (Not Cats or Dogs)	A favorite Place
Household Appliance	A type of pet	A country
A Career/Job	A type of Building	A Town or State
Something in your Kitchen	An Action you take	A School/Office Supply
Something in your Bedroom	A Type of Person	A type of Technology
Something in your Fridge	A type of Tool	A type of Equipment
Type of Sport	A type of Plant	

The new password should look something like this:

snake@-blender-Cry42