FeelingBetterNow® is available to you and your family members and includes:

- A user-friendly mental health risk assessment.
- A personalized action plan for you and your health-care provider based on medical guidelines.
- Immediate access to curated mental health support resources for you and your family.





Visit our website: feelingbetternow.com/otip

Take the assessment. It only takes 4 to 12 min.



Print your results.



Take your results to your health-care provider.

6.

While you wait, visit your toolbox for helpful resources.

2.

Create your account. It's anonymous and confidential.