

How will I know if I have a problem that should and could be treated?

Common symptoms of treatable mental and emotional problems include:

- Feelings of sadness, despair or fear
- Increased use of alcohol or drugs
- Poor sleep
- Poor concentration
- Lack of energy, enjoyment or motivation
- Panic, anxiety, worry or shyness
- Poor functioning at home, work or school

If you're looking for information regarding mental and emotional health, would like to check on your state of mind, or if you or any family members have concerns about your mental and emotional health, visit www.feelingbetternow.com/otip

Your confidential and anonymous responses will determine your level of risk, and, if needed, get you on the road to care, recovery and a more productive and enjoyable life.

FeelingBetterNow® is available anytime, from any location with Internet access for you, your spouse and your dependant children, at no cost to you. This program is offered as part of your OTIP long term disability (LTD) benefits plan.

Take control of your mental health.

If there was a test that didn't hurt, that you could take whenever you wanted, that told you in minutes if you should contact your doctor, would you take it?

Of course you would.



At this very moment, at least one in ten people is struggling with depression, anxiety, or alcohol or drug abuse. Unfortunately, many people often do not know they have a diagnosable medical condition and mistakenly blame how they feel on work, or financial and relationship stresses.

These individuals may have medical problems that need medical solutions. As with any medical condition, the earlier it is identified and treated, the easier and faster the recovery.

Put your mind at ease – take the time to start **FeelingBetterNow®**.

www.feelingbetternow.com/otip

feeling
better
now.com

Promoting Your Mental
Health & Emotional
Well-Being



Powerful tools for you,
your family and
your doctor

Let FeelingBetterNow® give you the right tools.

FeelingBetterNow® is a new mental & emotional health care program.



The College of Family Physicians of Canada has reviewed and approved FeelingBetterNow® as a practice management tool available to assist family physicians in patient care.

It is the only system of its kind that provides:

- Emotional and mental health assessment
- Tools that you and your doctor can use to assess, treat and follow-up on emotional and mental health concerns
- Information and resources about mental and emotional health issues

FeelingBetterNow® provides easy-to-use tools to help with common problems, such as:

- Sadness, anxiety, depression
- Stress
- Low energy, poor sleep
- Poor concentration
- Poor function at home, work or school

Easy and simple to use.

Getting the right tools to take control of your mental health is as simple as visiting the FeelingBetterNow® Web site.

Using FeelingBetterNow® is quick and easy.

1. Create a username and personal password to keep your identity anonymous.
2. Respond to medical and work-related questions. Depending on your answers, FeelingBetterNow® may give you a printable Diagnostic Risk Assessment Map and a Care Map to take to your family doctor. These maps help you and your doctor identify issues, prevent problems and manage and promote your mental and emotional well-being.
3. FeelingBetterNow® provides other tools that you can use on your own.

No one will ever know you used FeelingBetterNow® unless you tell them.

Accessing the FeelingBetterNow® Web site is completely confidential and anonymous. Only you have access to your username, password and individual feedback. No one at OTIP, your school or local affiliate will know that you accessed FeelingBetterNow® or how you responded to the program.

To access FeelingBetterNow®, please visit www.feelingbetternow.com/otip

You will need your:

LTD group policy number

Access code: **OTIPRAEO**

FeelingBetterNow® gives you real time help...now.

FeelingBetterNow® provides tools to help you, your family members and your family doctor work in partnership.

Whether you just want to check out your state of mind, or you have concerns about your emotional and mental health or that of a family member, FeelingBetterNow® can help put your mind at ease.

FeelingBetterNow® helps you and your doctor identify, prevent and manage problems before they become more serious or chronic.

Health experts developed FeelingBetterNow® and **The College of Family Physicians of Canada** has reviewed and approved FeelingBetterNow® as a practice management tool available to assist family physicians in patient care. With FeelingBetterNow® tools, you and your doctor can achieve the best medical outcome.

