

## You are not alone.

Emotional and mental health issues are closer to home than most people realize.

1  
in  
5

Canadians suffers from some type of serious mental health issue.

Only 1 in 8  
Canadians receives the right diagnosis and treatment for their condition.

1  
in  
8

Unfortunately, most people don't recognize the early warning signs and may blame their feelings on the stress of work, school, finances and relationships. The result is too many people suffer in silence when there are positive, medical solutions to their problems.

**FeelingBetterNow® is the only system that provides you and your immediate family with:**

- Emotional and mental health assessments.
- Tools 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.

The sooner you know there's a solution, the faster you'll be on the road to recovery.

*"I answered the questions truthfully and the resulting diagnosis was 100% accurate."*

## FeelingBetterNow® is a completely new approach to emotional and mental health management.

Emotional and mental health issues are not easy to spot like a broken leg or scraped elbow, but they are a critical part of living a healthy and happy life.



Your mental health plays a key role in how you feel, think and communicate with others. Without good emotional and mental health, it's hard to achieve all that life has to offer you and your family.

**Take charge of your mental health.  
Take the time to start FeelingBetterNow®.**

FeelingBetterNow® is available anytime 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.



Powerful mental health tools for you and your doctor.



**Imagine how beautiful your life can be.**

**We can help.**



**Take charge of your mental health.**

## Let FeelingBetterNow® give you the right tools.

### Sometimes you just want to know.

With today's hectic lifestyle, we all have occasional feelings that may indicate the state of our mental health isn't quite what it should be.

There is help, so it's important to recognize key warning signs early on, which will greatly improve the likelihood of a positive outcome.

### What are the signs?

Common symptoms of treatable emotional and mental health problems include:

- Feelings of depression, despair or fear.
- Increased use of drugs or alcohol.
- Feelings of stress, anxiety or irritability.
- Lack of enjoyment, energy and motivation.
- Fatigue, lack of sleep or poor concentration.

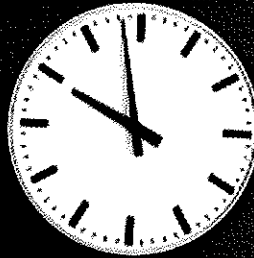
### What should you do?

If you or an immediate family member have any of these symptoms, go to:  
[www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip).

FeelingBetterNow® provides valuable online tools to help you and your doctor identify, prevent and manage problems before they become more serious or chronic.

*"As it turned out, I was not at risk.  
This was important for me to know."*

## It's simple to use.



FeelingBetterNow® is an online service that is quick and easy to use, anytime and anywhere you have internet access. It takes about 10 to 20 minutes to complete.

### To access FeelingBetterNow®:

1. Go to [www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip) and follow the instructions.
2. Create a username and personal password to keep your identity anonymous.
3. Answer a series of medical and lifestyle questions. Depending on your answers, you may be given a printable Diagnostic Risk Assessment Map and a Care Map.
4. If provided, take the Maps to your doctor so, together, you both can identify issues, prevent problems, and manage and promote your mental health and emotional well-being.



It's that easy, and remember, this is a completely anonymous program so no one will ever know you used FeelingBetterNow®, unless you tell them. In addition, FeelingBetterNow® offers other tools you and your family can use on your own.

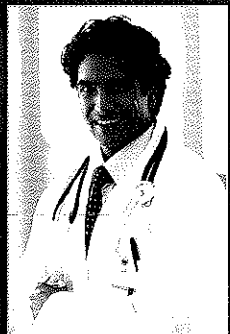
[www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip)

## Assured anonymity and trust.



You can put your trust in FeelingBetterNow® because it's a program that has been developed by leading mental health experts to help you and your family doctor attain the right diagnosis and treatment for your specific condition.

It's also reassuring to know The College of Family Physicians of Canada has reviewed and approved FeelingBetterNow® as a practice management tool to assist physicians in patient care.



FeelingBetterNow® is the only program of its kind in Canada. Given it is confidential and completely anonymous, there is never any judgmental or embarrassing stigma attached to using this unique program.

**Powerful tools.  
Effective results.**

*"Great site. I will return when  
I get an update from my doctor."*