



Feeling **better** begins
with **understanding**
you're not alone.

Mental health affects everyone.

Life. A challenge even in the best of times that can leave you wondering if your mental health is as good as it can be. One in five of us suffers from some type of serious mental health issue. Knowing you can do something about your mental health is half the battle.

We can help.

FeelingBetterNow.com is a trusted anonymous, web-based service that allows you to assess your mental health. The site also provides you and your doctor with the tools for early diagnosis and treatment of mental health concerns.

FeelingBetterNow® has been approved by the medical community, making it a valuable part of your OTIP benefits package.

Take the time to start FeelingBetterNow®.

It's good to know.

**Powerful tools for you
and your doctor.**



OTIP RAEO.

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