



Always tired? Feeling stressed?

TAKE THE TEST.

Jane* had not been feeling like herself lately but blamed it on her frustration with teaching a particularly difficult class of students. It wasn't until a concerned colleague gently pointed out that she seemed unusually moody and worn out that Jane realized she needed help. She visited the FeelingBetterNow® website and took the confidential online test. The results indicated that Jane was at risk for depression. She took the FeelingBetterNow® information to her doctor who used it to prepare a care plan that Jane followed. Jane is now sleeping better, is much happier and is more productive at work.

With today's hectic pace, it is not uncommon to have occasional thoughts that our mental health isn't quite what it should be. Like Jane, it's easy to overlook the early warning signs of mental health issues and attribute our feelings to the stress of work, school, finances or relationships. Too many of us suffer in silence when there are positive solutions to our problems.



You can trust FeelingBetterNow®

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 confidential and completely anonymous. No one will ever know if you access FeelingBetterNow® unless you tell them.

One in five Canadians suffers from some type of serious mental health issue. Take the test and find out if you are at risk. The earlier you know there's a solution, the faster you'll be on the road to recovery. Take charge of your mental health and take time to start FeelingBetterNow®. 

* Jane is not a real person; her story was created to provide an example. We are committed to protecting the privacy of the members who visit the FeelingBetterNow® website. No identifying personal information is ever collected or shared.

Know 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, and/or
- ▶ fatigue, lack of sleep or poor concentration.

Take the test

FeelingBetterNow® is a web-based mental health care program offered at no cost to all education employees who have long term disability insurance through OTIP. The program is completely anonymous and will evaluate your risk of developing a mental health issue. It is available anytime to you, your spouse and your dependant children. The FeelingBetterNow® test is easy to use, takes 10 to 20 minutes to complete, and provides immediate results.

1. Visit www.feelingbetternow.com/otip.
2. Please follow the simple instructions to start FeelingBetterNow®.

You will be asked a series of medical and lifestyle questions. If it appears your mental or emotional health is at risk, you will be given a printable Diagnostic Risk Assessment Map and a Care Map to take to your doctor. Together you can prepare a care plan to better manage your mental health.

Be one of the next 2,000 OTIP members to complete the FeelingBetterNow® test and we will make a \$5 donation to 1 of 3 charities of your choice! Visit www.feelingbetternow.com/otip.