

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

We all have occasional feelings that may indicate the state of our mental health is not quite what it should be.

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**

Take strength in knowing there is help. It is important to recognize key warning signs early on, as this will greatly improve the likelihood of a positive outcome.

An online mental health care program, FeelingBetterNow[®] is available to you, your spouse and dependant children as part of your OTIP long term disability (LTD) benefits plan to assist with the prevention, early diagnosis and ongoing management of common mental health issues.

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

Easy to use and completely anonymous. The assessment takes 10 to 20 minutes to complete and provides immediate results.

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

Take charge of your mental health and take time to start **FeelingBetterNow[®]**.



OTIP RAE0[®]

www.feelingbetternow.com/otip



Powerful tools for you
and your doctor.

Medically Approved.

