FeelingBetterNow®
is available to you and your family members and includes:

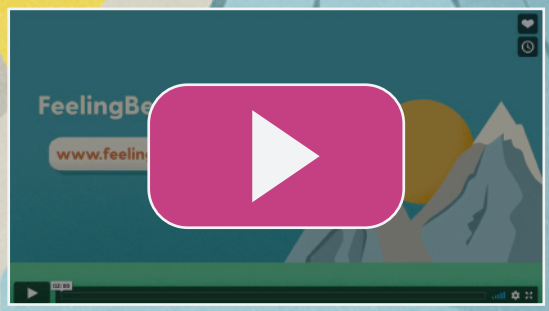
- A user-friendly mental health risk assessment.
- A personalized action plan for you and your health-care provider based on medical guidelines.
- Immediate access to curated mental health support resources for you and your family.

feelingbetternow.com/otip
Create your anonymous account today!

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

Take charge of your mental health!

Take the time to start ***FeelingBetterNow®***!



1.

Visit our website:
feelingbetternow.com/otip

2.

Create your account.
It's anonymous and confidential.

3.

Take the assessment.
It only takes 4 to 12 min.

4.

Print your results.

5.

Take your results to your health-care provider.

6.

While you wait, visit your toolbox for helpful resources.