

# Tools to manage mental health

## FEELINGBETTERNOW®



Emotional and mental health issues are closer to home than most people think. Unfortunately, most people don't recognize the early warning signs:

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

As a result, too many suffer in silence when there are positive, medical solutions to their problems.

Fortunately, there is help. FeelingBetterNow® can help identify and address mental health concerns before they become more serious or chronic.

### A new approach to mental health management

FeelingBetterNow is an anonymous, online mental health tool developed by leading mental health experts to help you and your family doctor identify the right diagnosis and treatment for your specific condition and concerns.

By accessing the FeelingBetterNow website, you can easily identify if you are at risk for a number of common mental issues, including depression, anxiety and alcoholism. It then gives you, along with your doctor or healthcare provider, the practical help you need to begin treatment and manage your progress.

To learn more, visit [EquitableHealth.ca](http://EquitableHealth.ca) and click on Equitable HealthConnector.

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### FeelingBetterNow provides:

- Emotional and mental health assessments;
- Practical, evidence-based tools you and your doctor can use to assess, treat, and follow-up on emotional and mental health concerns; and
- Convenient online access to information and effective resources.

### How it works

FeelingBetterNow is easy to use, takes 10 to 20 minutes to complete, and you will receive your results immediately.

Visit [www.feelingbetternow.com/equitable](http://www.feelingbetternow.com/equitable) and follow the simple instructions to create a username and personal password. Your identity is kept anonymous.

Next, you'll respond to a series of questions. Depending on your answers, you may get a printable Personalized Action Plan. Take this to your doctor so, together, you can identify issues and manage your mental health.