

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. One in five Canadians currently suffers from a serious mental health issue such as depression or anxiety. Only one in eight Canadians affected receives proper mental health diagnosis and treatment.

Take strength in knowing there is help. It is important to recognize key warning signs early on, which will greatly improve your likelihood of feeling better.

FeelingBetterNow®, a new Web-based mental health care program, is now available to you, your spouse and dependant children as part of your Teachers Life District disability benefits plan.

FeelingBetterNow® assists with the prevention, early diagnosis and ongoing management of common mental health issues. 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.

FeelingBetterNow® is easy to use, anytime and anywhere you have Internet access. You do not have to submit a disability claim, be absent from work or be receiving disability benefits to utilize **FeelingBetterNow®**. The online questionnaire takes 10 to 20 minutes to complete and provides immediate results. It also generates information to take to your family doctor to help diagnose, treat and manage potential problems before they become more serious or chronic.

This completely anonymous program offers the support you need to realize you are not alone and to ultimately begin feeling better.

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



TEACHERS LIFE
Ready For Life

To access this resource, visit:
www.feelingbetternow.com/teacherslife



Powerful tools for you
and your doctor.

Medically Approved.