

# FeelingBetterNow<sup>®</sup>

Connecting Mental Health Problems to Solutions

Stressed, anxious or depressed?

Go to: [feelingbetternow.com/otip](http://feelingbetternow.com/otip)



Assess your  
mental health



View your  
action plan



Access your  
self-care  
toolbox

Resources in *Your Toolbox* include:



Helping  
Yourself



Stress  
Reduction



Helping  
Others

[www.feelingbetternow.com/otip](http://www.feelingbetternow.com/otip)

