

PROCESS

How it works in 5 easy steps.

1.

Get access

Click or tap on the link provided to you by your organization to create your confidential and anonymous account.



feelingbetternow.com/otip

2.

Complete your assessment

Instantly understand your risk across thirteen mental health disorders by completing our gold-standard online assessment.



3.

Take action

FeelingBetterNow[®] provides you with a wide range of self-care options, the knowledge to improve your mental health literacy, and engaging tools including resources from your organization.



4.

Connect to care

FeelingBetterNow[®] facilitates connections to care. Download and share your Medical Action Plan with your Healthcare Provider so they can confirm or modify a diagnosis and treatment options.



5.

Track your progress

Return regularly to reassess and track progress. There is no limit to the number of assessments one can complete over time, however we recommend returning every 4-6 weeks to check-in.



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