



# FeelingBetterNow<sup>®</sup>: Mental health assessment tools

Emotional and mental health issues are more common than many people realize. Unfortunately, early warning signs can be difficult to recognize:

- 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.

FeelingBetterNow<sup>®</sup> helps users take an inventory of mental health symptoms they may be experiencing, to identify risks before they become more serious or chronic.

## Equipping users to take charge of their mental health

FeelingBetterNow is an anonymous, secure online mental health assessment tool. Developed by leading mental health experts, the tool helps users evaluate their risk of common mental health conditions based on the symptoms they're experiencing. After completing the assessment, users receive a Medical Action Plan (MAP) they can share with their health care provider to determine the next steps to best manage their mental health.

With guided prompts to help users navigate the website smoothly, FeelingBetterNow also includes a post-assessment module to help identify changes in symptoms and potential gaps in treatment.

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

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## FeelingBetterNow provides:

- A mental health assessment tool based on symptoms and criteria in The Diagnostic and Statistical Manual of Mental Disorders (DSM-V);
- Practical, evidence-based tools for users to work with their health care provider on mental health treatment plans; and
- Online access to resources for continued mental health management.

## How to use

FeelingBetterNow is easy to use, takes 10 to 20 minutes to complete, and provides results immediately.

To get started, plan members can visit [www.feelingbetternow.com/equitable](https://www.feelingbetternow.com/equitable) and follow the simple instructions to create a username and personal password. Identities are kept anonymous.

Next, users can respond to a series of questions about signs and symptoms they may be experiencing. Users then receive a printable Medical Action Plan (MAP) to share with health care providers. The MAP can be used by the user and health care provider together to identify issues and manage mental health more effectively.