**Access free online mental health resources**

As a part of the Ontario Education Community, you have access to FeelingBetterNow, an e-mental health platform for assessment and treatment. This platform uses evidence-based e-mental health technologies to help you improve your mental health, allowing you to confidentially identify mental health issues early and take immediate action.

Learn more by watching this [FeelingBetterNow](https://vimeo.com/495557317/49f05db251) informational video and sign up for your confidential and anonymous account at <https://www.feelingbetternow.com/otip>.

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