

# FeelingBetterNow®

Mental health tools and support, one click away.



## Newspaper Article

FeelingBetterNow®: Mental health tools and support, one click away.

Guess what? We all have mental health. That's right, each and every one of us! That's why the student associations and the university have partnered with FeelingBetterNow® to provide a free online information centre to help student navigate their way through mental health concerns and questions. It even has a medically approved, anonymous, online mental health assessment tool that provided instant feedback with suggested resources to reach out to should there be a need. You would be surprised how many resources are on your campus, in your community, and online to help you out. The games and apps section has been completely vetted by professionals and is full of free apps that you can download today!

The statistics don't lie – 1 in 5 students in Canada will suffer from symptoms of mental illness this year. On the flipside, 5 in 5 of us have mental health and we all have a story. Either with a family member, a friend, classmate, roommate, or perhaps yourself – we all have a connection with a situation that may have impacted us along the way. That's why the student associations and the university, using FeelingBetterNow®, aims to erase the stigma associated with mental illness through awareness and education. By offering the bookmarks, door hangers and hosting information booths, FeelingBetterNow® stays current and encourages the fact that support is available in many forms – and in many cases, just one click away.

Lynda Davenport, Former Director of Health Services University of Guelph (retired), had this to say about FeelingBetterNow®, “ There is no x-ray into the soul, but FeelingBetterNow® comes fairly close.” So the question is, when is the last time you have your mental health check-up? Being a student can be very stressful at the best of times and the student associations and the university knows this and wants to help you in as many ways as they can.

Check it out. Help yourself, help a friend. [www.feelingbetternow.ca/uoguelph](http://www.feelingbetternow.ca/uoguelph)

Should you need to speak to someone right away, please contact the university counselling department at (519) 824-4120 Ext. 53244