

May 18, 2016

Dr. Sam Ozersky, AB, MD, FRCP(C),
President, Mensante Corporation
86 Glen Park Avenue
Toronto, ON M6B 2C4

Re: Mental Health Commission of Canada Letter of Support for FeelingBetterNow®

Dear Dr. Ozersky:

The Mental Health Commission of Canada (MHCC) recognizes the tremendous role that technology can have on the mental health system. We know that it can be effective in reducing stigma for help-seeking behaviours, decrease wait-times to access services, and cost-effective for both users and service providers.

MHCC's continued work in this area is to promote broad adoption of e-Mental health services and promising practices associated with using technology to detect, manage and support mental health in Canada. The MHCC is currently engaged in a number of activities to advance e-Mental health and is supporting the work of service providers, policymakers and researchers in improving the adoption of new technology in mental health.

FeelingBetterNow® (FBN) is a made-in-Canada innovation in e-Mental Health focused on addressing gaps in the sphere of workplace mental health. Individuals can use FBN to confidentially assess their risk levels for any of 13 different mental health conditions, connect to care providers, and access clinician-curated self-help tools through easy and actionable steps.

The Mental Health Commission of Canada is committed to helping organizations implement promising practices for promoting psychological health in the workplace. FeelingBetterNow® is well positioned to support this goal with its focus on reducing stigma and empowering individuals to take action to stay healthy and productive at work.

Congratulations on this excellent initiative. We look forward to working together to advance workplace mental health.

Sincerely,



Sapna Mahajan
Director, Prevention and Promotion Initiatives, Workplace