



**It's time
for you.**

→ **MindBeacon is
mental health
support on
your terms.**

As a member of BCCA EBT you now have access to MindBeacon Therapy

If you are not feeling like yourself, MindBeacon can help you better cope with:

- Anxiety
- Chronic Pain
- Stress
- Insomnia
- Panic Disorders
- Health Anxiety
- Depression
- And much more

What is MindBeacon?

MindBeacon is affordable, accessible and, most importantly, proven to be effective mental health care that's centered around users.

With Therapist Guided Programs, Live Therapy Sessions and information resources like Stronger Minds - it's your care, your way. MindBeacon is changing the therapy landscape by making professional care available to every Canadian, no matter when, where and how they choose to access it.

The MindBeacon Therapist-Guided Program helps you develop the resiliency and coping skills you need to better manage your mental health. Through readings, exercises and activities that help you learn and practice those new skills – and with the one-on-one guidance of a dedicated therapist the entire way – you'll soon be able to make real, effective changes to your mental health.

With **MindBeacon Live Therapy Sessions**, you can talk one-on-one with a therapist of your choice – wherever and whenever it's convenient to you. Simply pick the therapist who's right for you, book a time that works, and get started using your favourite device. It's that simple.

If you aren't quite ready for therapy, **Stronger Minds by MindBeacon** is your go-to source for reliable and relatable mental health information. MindBeacon built this community to provide you with the information you need to help keep you informed on all topics surrounding mental health.

MindBeacon is mental health care that's centered around your needs. It's your care, your way – whenever and wherever you need it.

MindBeacon is not for people in crisis. If you believe you need immediate psychological assistance, contact your family doctor or call 911.

**Mind
Beacon**

