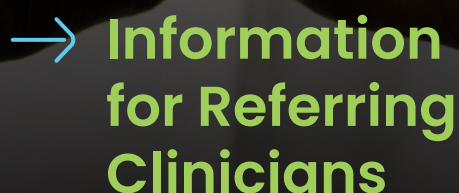




Mind
Beacon



Therapist Guided Program



→ Information
for Referring
Clinicians

MindBeacon is available for FREE to all Ontario residents

During the COVID-19 crisis, the Therapist Guided Program with MindBeacon is available FREE of charge to all Ontarians for stress and mental health concerns, funded by the Government of Ontario.

MindBeacon's internet-based Cognitive Behavioural Therapy (iCBT) is the mental health solution for patients in need of easy-to-access and proven support. MindBeacon provides 12-week personalized therapy which is guided by a registered mental health professional, providing support through secure text-based messaging. When active therapy is done, your patient will have access to their completed work (workbooks, readings, thought records etc.) and messaging for one full year.

MindBeacon's Therapist Guided Program Eligibility Criteria:

MindBeacon is appropriate for your patient if they are presenting mild to severe symptoms related to:

- Depression
- Generalized Anxiety
- Social Anxiety
- Chronic Pain
- Panic
- Post-Traumatic Stress
- Insomnia
- Stress
- Health Anxiety

Eligible clients should be:

- 16 years of age or older
- Comfortable reading and writing in English or French
- Able to access a smartphone, tablet, or computer

MindBeacon is not appropriate for your patient if they are actively experiencing:

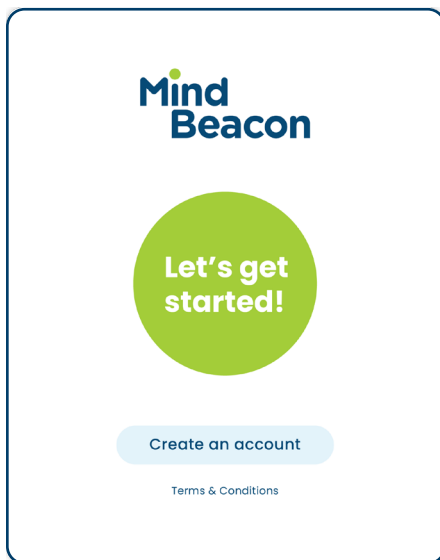
- Psychosis
- Mania or hypomania
- Primary chronic pain
- Primary substance abuse
- Or if they are suicidal, in crisis, or self-harming

MindBeacon benefits include:

- Resilience skill-building with long term benefits
- Private and secure
- Clinically-validated
- Access to the platform and content for one full year
- Available 24/7, no appointments

How does it work?

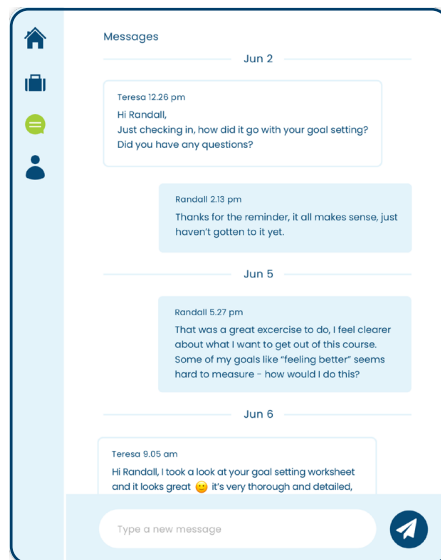
1



Create an account and get started right away

Tell us about yourself, your feelings and your situation, so your therapist can understand you better.

2



Your therapist creates a plan designed just for you

Through secure direct messages, readings and activities, your therapist will help you develop the skills you need to thrive.

3



Complete your personalized program in 6 to 12 weeks

Work one-on-one with your dedicated therapist for up to 12 weeks and access your resources for up to one year.



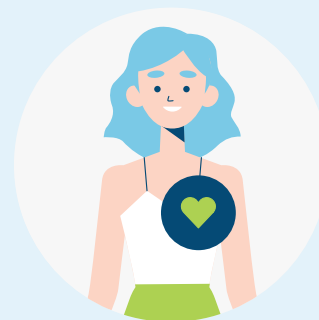
200+

Canadians start our therapy everyday



92%

Learned new skills that helped them feel better



89%

Happy with their therapist's support

To access MindBeacon's Therapist Guided Program FREE of charge, your patients can visit mindbeacon.com/ontario to begin an online assessment and start therapy.