



Mind  
Beacon

How are you  
feeling?

→ MindBeacon's  
Therapist Guided  
Program is here  
for you.

## Guided Therapy is available free of charge for all Ontarians during COVID-19, funded by the Government of Ontario

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

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

## Is MindBeacon right for me?

MindBeacon's Therapist Guided Program suits individuals who:

- Don't want to schedule appointments, and need therapy that is easier to plug into their busy calendar.
- Prefer communications to take place via secure text-based messages, rather than face-to-face conversations.
- Want to access their program anywhere and anytime.
- Are 16 years of age or older.
- Are comfortable reading and writing in English or French
- Are able to access a smartphone, tablet, or computer

## How do I interact with my Therapist?

With the **MindBeacon Therapist Guided Program**, you work with a dedicated licensed therapist who understands your particular needs and creates a program that is customized for you.

They'll create a personalized set of readings and activities that will help you develop the skills needed to feel better. As you work through the program, your therapist is by your side – there to review your progress, provide encouragement and new perspectives to consider.

There's no waiting for appointments either. If something comes to mind, send your therapist a secure message as you think about it - day or night. They'll respond within one to two business days.

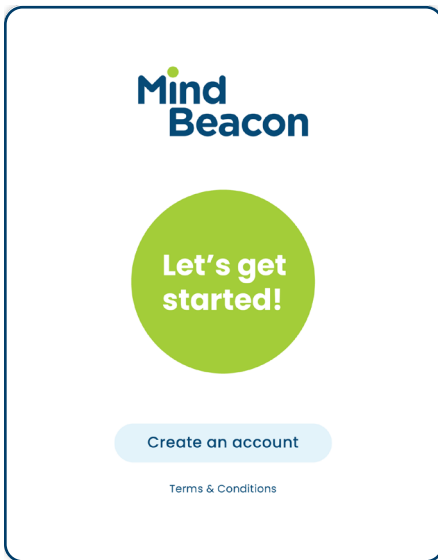
MindBeacon's Therapist Guided Program can show you how to better deal with issues that get in the way of you living a happier, more balanced life.

Visit [mindbeacon.com/ontario](https://mindbeacon.com/ontario)

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

# How does it work?

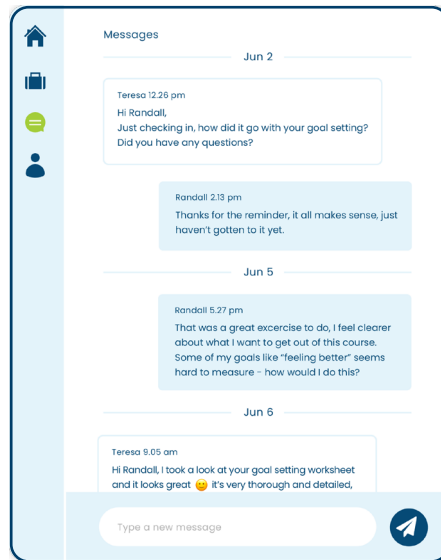
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## Create an account and get started right away

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

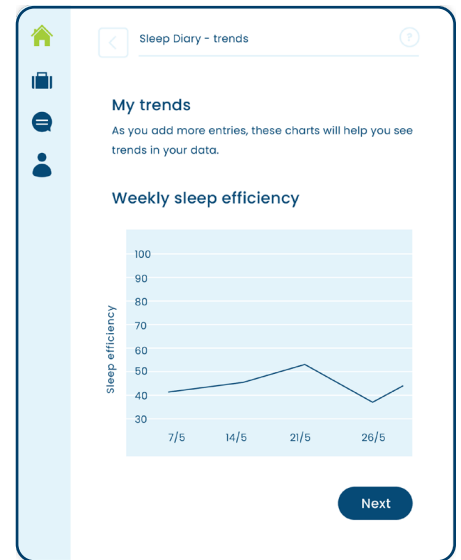
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## Your therapist creates a plan designed just for you

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

The MindBeacon Therapist Guided Program is now available FREE of charge during COVID-19, funded by the Government of Ontario. To get started, visit:

[mindbeacon.com/ontario](https://mindbeacon.com/ontario)