



**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**

Which MindBeacon service is best for me?

You can visit mindbeacon.com/bccabenefits to learn more about how each of these support tools work and then make the decision on which is best suited for you. You may also find that a variety of support tools work for you or that over time, your needs change.

With MindBeacon, there's always something that can work for how you feel today.

Have questions? Please reach out! MindBeacon's client experience team is available to help you navigate your options: help@mindbeacon.com

Stronger Minds

- Articles, videos and virtual events led by mental health experts
- Resources delivered to your inbox
- A community dedicated to helping you build resilience

Live Therapy Sessions

- Talk to a therapist who's right for you
- Schedule a time that works
- Face-to-face sessions, video or phone appointments

Therapist Guided Program

- Anytime therapy built for you
- Available on any device, at your pace
- Guided by a registered therapist
- 12 weeks, course-based

MindBeacon's Therapist Guided Program and Stronger Minds resources are available at no cost to BCCA EBT members and their families. For Live Therapy, you may access it and then submit the fee to be reimbursed through the psychology benefit included in your Extended Health Care plan. Visit mindbeacon.com/bccabenefits