



## Now eligible for reimbursement under Green Shield Canada (GSC) student plans

You can strengthen your mental well-being – and it only takes a couple of minutes on your phone every day. BEACON helps when you just can't shake feeling overwhelmed or down. It provides therapy for a range of mental wellness issues related to mood and anxiety, and is there for you wherever and whenever you want it. In fact, most people who use BEACON start to feel better within weeks.

That's because BEACON is digital therapy designed to fit in with your busy student life – it all happens on your phone. With it, you'll be guided by a registered mental health professional all along the way.

With BEACON, there are no face-to-face therapy appointments to keep – everything is on your terms in a way that protects your data and privacy.

### Is BEACON right for me?

If you can't shake feeling down, stressed, or overwhelmed, BEACON can help; it's designed to empower individuals experiencing mild to moderate symptoms related to depression, anxiety, and PTSD. If you think you may be feeling any of these things, you can do a BEACON assessment.

All you have to do is visit

[www.mindbeacon.com/gsc-students](https://www.mindbeacon.com/gsc-students). From there, you'll complete a personal assessment which will help to ensure that BEACON therapy is compatible with your needs. It will also help your therapist customize a care path for you. Following this, you'll receive an invitation to begin therapy.

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

Are you  
feeling down or  
overwhelmed?

→ **BEACON digital  
therapy can help.**



## How does BEACON work?

BEACON provides Cognitive Behavioural Therapy (or CBT), an evidence-based approach that helps improve many mild-to-moderate mental health concerns. BEACON doesn't require face-to-face therapy appointments – you use it whenever you want to from your computer or phone. Most people typically take 6-10 weeks to complete BEACON therapy.



## What exactly is Cognitive Behavioural Therapy?

Cognitive Behavioural Therapy (CBT) can be an effective way to improve your frame of mind when life feels overwhelming. CBT begins with our negative thoughts, and how realistic they actually are. Because our thoughts, behaviours, and emotions can influence each other, by identifying how they are related and what they trigger, we can change how we feel.

This is accomplished through various activities and readings. The more committed you are to developing resilience, the more you'll get out of CBT – and the better prepared you'll be when faced with a stressful situation.

## How does the BEACON therapist work with me?

BEACON therapists are registered mental health professionals (primarily registered social workers). You are paired with one BEACON therapist, and they are dedicated to your progress from beginning to end.

Your BEACON therapist will tailor a course of therapy based on your unique needs, and will help you develop new skills. As you work through BEACON, your therapist will review your progress to provide encouragement and advice. When it comes to interacting with your therapist, you do so via BEACON's secure messaging. Your therapist always responds within 1-2 business days.

## Will anyone know if I use BEACON?

Your use of BEACON, and all interactions with BEACON and the BEACON therapist, are treated as protected health information and will not be shared without your consent. We comply with the highest standards of data protection to ensure your information is confidential and secure.

To access your GSC student plan discount, visit:  
**[www.mindbeacon.com/gsc-students](http://www.mindbeacon.com/gsc-students)**