



Overwhelmed? Feeling down?

You can become resilient to life's demands. BEACON digital therapy is centered around helping you learn proven ways to manage your thoughts and feelings, with your own BEACON therapist to guide you. It's therapy unique to you, completed wherever and whenever you are comfortable.



Is BEACON digital therapy right for me?

If overwhelming stress, unhappy feelings or worrisome thinking are getting in the way of things that are important to you, you could benefit from support. Therapy with BEACON will help you develop skills that will empower you to change how you think and feel.

Making time for self-care is important. You need time to take care of you. And because BEACON is a fully digital experience, it's flexible—meaning your therapy happens when and where you're ready.

Think of the time you spend with BEACON as an investment in yourself.

How does BEACON work?

Unlike in-person therapy, there are no weekly appointments that take time out of your schedule. You

can message your BEACON therapist at any time you want, and within 1-2 business days (usually less), your therapist will respond with answers to your questions to reflect on or with new ideas for you to consider.

Your therapist will prompt you through your learning, with readings and activities to get you thinking about aspects of your mental wellness that you haven't considered before.

Through BEACON, therapists provide Cognitive Behavioural Therapy (CBT), a clinically proven, evidence-based approach for effectively improving mood and anxiety concerns.

Who are BEACON therapists?

You will have your own personal therapist who is a real, regulated mental health professional: not a chatbot. Your dedicated therapist will understand your needs and tailor your experience all along the way to help ensure your progress.

All BEACON therapists are experienced, regulated mental health professionals (primarily MSW, RSW).

Your BEACON therapist is there to work with you and help you progress.

What do you mean by digital therapy?

You'll be developing skills and messaging with your therapist through BEACON using your favourite web-enabled device - phone, tablet or computer. Check in anywhere you have privacy, feel completely safe and are comfortable. Therapy with a real therapist, delivered digitally so it is flexible and fits into your life.



Setting aside time for your therapy will help you to get the most out of BEACON.

Take your time and learn about yourself. You'll soon begin to understand what you feel, think and do are all connected.

Is my therapy confidential?

Yes. Any communication with your BEACON therapist is completely private. All interactions are treated as protected health information and will not be shared with anyone. We comply with the highest standards of data protection to ensure your information is protected and secure.

So, how do I get started?

1. Visit www.mindbeacon.com/SSQ-pmember and click 'Start My Assessment'.
2. Next, you will complete a detailed personal assessment, which takes about :30 minutes. Your BEACON therapist will review your assessment, so she/he can deeply understand the concerns you're facing and tailor your care to you.
3. BEACON digital therapy may be eligible for SSQ Insurance plan members and dependents (age 16 and over) within existing mental health/counselling services coverage. Your benefits plan may cover the BEACON program in whole or in part – subject to your plan provisions..

Using Your Benefits Plan

Following your assessment, you will be prompted for payment. Following payment you may submit your claim to SSQ for reimbursement for you and your eligible dependents (aged 16+). There are two options available to submit your claim:

- Use SSQ Insurance's secure website. Online claims make it easy to get your reimbursements in just 48 hours, eliminate forms, envelopes and postal delays.
- Use the SSQ Insurance Mobile Services app, and get your reimbursement in just 48 hours.

Are you covered?*

You can quickly simulate a claim to know the exact amount that you will be getting back using SSQ Insurance's secure website.

*Availability of certain functions may vary by contract.