



Are you
often feeling
overwhelmed
or down?

→ Find your
resilience with
MindBeacon.

For military and veteran families

MindBeacon is digital therapy that's there for you wherever and whenever you want it. With it, you'll be guided by a registered mental health professional, and it's now available at no cost to you and your family members (age 16 years and older).

MindBeacon is used by Canadians coast to coast. It provides Cognitive Behavioural Therapy (or CBT), a clinically-proven method considered the gold standard when it comes to helping improve mood and anxiety.

With MindBeacon, 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 MindBeacon right for me?

If you can't shake feeling down, stressed, or overwhelmed, MindBeacon can empower you to become more resilient.

MindBeacon has been designed to help individuals (age 16 years or older) experiencing mild to moderate symptoms related to depression, anxiety, panic disorder, and sleeping problems. If you think you may be feeling any of these things, you can do a MindBeacon assessment.

The first step is to contact the Valcartier Military Family Resource Centre by phone at 1-877-844-6060 or by email at info@crfmv.com.

From there, you'll complete a personal assessment which will help to ensure that MindBeacon therapy is compatible with your needs, and to help your therapist customize a care path for you. Following this, you'll receive an invitation to begin therapy.

MindBeacon is not for people in crisis. If you believe you need immediate psychological assistance, contact your family doctor, call 911 or contact the Quebec Crisis Centre 418 688-4240.

**Mind
Beacon**

How does MindBeacon work?

MindBeacon provides Cognitive Behavioural Therapy (or CBT), an evidence-based approach that helps improve many mild-to-moderate mental health concerns.

With MindBeacon, you don't have to schedule your life around face-to-face therapy appointments – you use it whenever you want to from your mobile device or computer.

Most people typically take 6-10 weeks to complete MindBeacon therapy, and find the 12 weeks of therapist guidance provided is ample for completing their 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 relaxation and worry management techniques, exposure activities, readings, maintaining thought records, and completing worksheets.

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 MindBeacon therapist work with me?

BEACON therapists are registered mental health professionals (primarily registered social workers).

You are paired with one MindBeacon therapist for the duration of your therapy, and they are dedicated to your progress from beginning to end.

Your MindBeacon therapist will tailor a course of therapy based on your unique needs, and will select readings and activities that will help you develop new skills. As you work through MindBeacon, your therapist will review your progress, provide encouragement and advice, as well as new perspectives to consider.

You interact with your therapist via secure messaging through MindBeacon, and they will always respond within 1-2 business days.

Will anyone know if I use MindBeacon?

Your use of MindBeacon is protected health information and completely confidential.



Access to this service is made possible thanks to True Patriot Love Foundation's 2020 Bell TPL Fund

MindBeacon is now available for military and veteran families at no cost. Get started today by contacting us. **1-877-844-6060**

