



How are you
feeling?

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

For military and veteran families.

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

Is MindBeacon right for me?

MindBeacon Therapist Guided Programs suit 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.

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 fits 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 always by your side – there to review your progress, provide encouragement and new perspectives to consider.

And there's no waiting for appointments. 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.



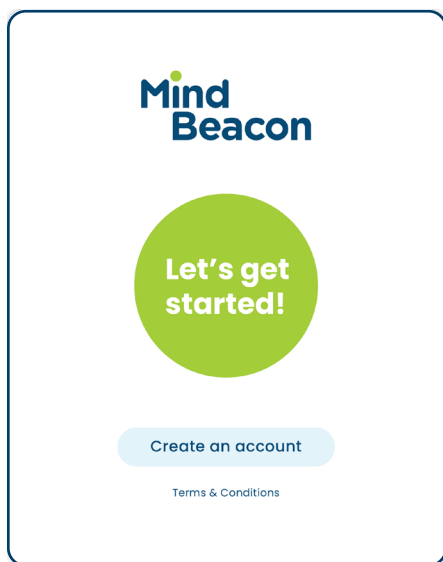
Access to this service is made possible thanks to True Patriot Love Foundation's 2020 Bell TPL Fund

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

**Mind
Beacon**

How does it work?

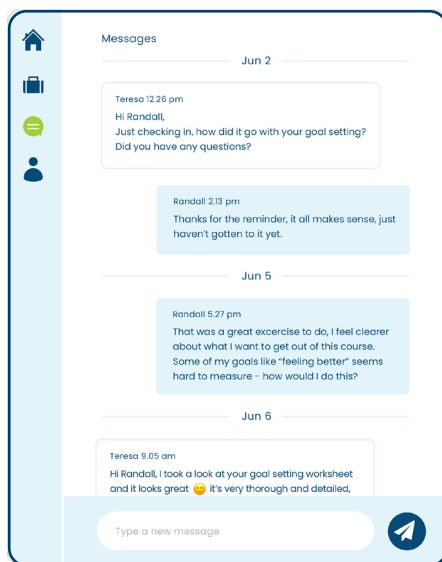
1



Create an account and get started right away

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

2



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

MindBeacon is now available for military and veteran families. Get started today by contacting us. **1-877-844-6060**

