

MENTAL HEALTH



beacon
modern mind health

BEACON Digital Therapy

→ Infosheet during COVID-19

We are excited to announce that BEACON digital therapy has been funded by the Ontario Government to be free of charge for Ontarians seeking support for stress and mental well-being concerns during the COVID-19 pandemic.

BEACON is personalized Cognitive Behavioural Therapy (CBT) guided by a registered health professional. On BEACON clients can send messages directly to their dedicated therapist any time, on any device, without ever having to make an appointment. This 12+ week program provides access to real CBT content and activities, while collecting weekly DSM-5 clinically validated measures to monitor symptoms and track progress. BEACON focuses on skill-building through CBT to build resilience and generate long-term mental health benefits.

→ Understanding BEACON

BEACON is:



Digitally delivered through a patient's internet enabled device



Accessible 24/7, without ever booking an appointment



Personalized CBT with dedicated Registered Mental Health Professional for 12 weeks



Secure access to BEACON platform and all CBT content for 1 year



Proven real world effectiveness for with 1,000s of users

→ How to determine that BEACON Guided iCBT is right for your patient?

Inclusion Criteria:

- Presenting issues of one of the following: Depression, Generalized Anxiety, Social Anxiety, PTSD, Panic, Insomnia
- 16 years of age or older
- Average literacy in English or French
- Comfortable using a smartphone, tablet, or computer

Exclusion Criteria:

- Actively experiencing psychosis
- Actively suicidal, in crisis, or self-harming
- Actively experiencing mania or hypomania
- Actively experiencing primary chronic pain or primary substance abuse

→ To learn more about Ontario's COVID Mental Health Supports, [click here](#) or visit: ontario.ca/page/covid-19-support-people#icbt

To start a BEACON Assessment, click on "MindBeacon" once on the Ontario webpage