



Mind
Beacon

How are you
feeling?

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

What is MindBeacon?

MindBeacon's internet-based Cognitive Behavioural Therapy (iCBT) is part of the Ontario Structured Psychotherapy (OSP) program.

MindBeacon iCBT is an effective form of therapy that is delivered online. There are no appointments or phone calls to make. With MindBeacon's iCBT, you can learn to understand, identify, and change your thoughts, feelings, and behaviours. You can access MindBeacon's iCBT from your smart phone, tablet, or computer anytime and anywhere. With support from your therapist, through asynchronous messaging online, you will work on your own personalized set of readings, videos, and activities. The activities are an important part of your iCBT treatment. They will help you apply the information and new skills you have learned to your own life.

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

How do I Connect with my Therapist?

With MindBeacon's iCBT, you work with a registered therapist who understands your needs. You will work with the same therapist online for up to 12 weeks. Your therapist will create a program plan just for you, complete with readings, worksheets, and activities. As you work through the readings and activities, your therapist will review your progress, provide encouragement and give new perspectives all through asynchronous messaging on the platform. There's no waiting for appointments either. If something comes to mind, send your therapist a message as you think about it — day or night. They'll respond within one to two business days, and all messages are secure.

You are receiving service at MindBeacon as a client of the OSP program. Adults experiencing depression or anxiety-related concerns can access free cognitive-behavioural therapy and related services through the OSP program.



How does it work?

- ✓ **Check your email for your MindBeacon Invitation** - Create an account and answer questions right away. The email will be from Noreply@MindBeacon.com and the subject line will be MindBeacon invitation. Open the email and click the link to create your account. If you don't see the email check your "junk folder."
- ✓ Create an account and answer questions right away.
- ✓ Within 1-2 business days, you will receive an email that there is a message for you on the platform.
- ✓ Start your journey with your first set of readings and information about privacy and security while using the MindBeacon platform.
- ✓ You will then receive email notifications whenever there is a message from your therapist on the platform about new activities, readings or if your therapist is checking in with you.
- ✓ During your treatment, you will complete short questionnaires called "check-ins" every week. This will provide insight into your symptoms and help guide your treatment for your therapist.
- ✓ Complete your personalized program between 6 to 12 weeks: with readings, activities, and direct messages, your therapist will help you develop the skills you need to thrive.
- ✓ While the time to complete the program ranges from 6–12 weeks, your therapist is available to support you for up to 12 weeks. You will have access to all your completed readings, activities and your message history for up to one year from being onboarded to treatment.

Before You Get Started

Given that iCBT is delivered online, we suggest the following to maintain your privacy:

- Always use the same password-protected email for accessing the platform.
- Use an email that only you have access to (all people with access to the email used on the platform will be able to view messages received from MindBeacon).
- Use a personal email address (not your work email address).
- Do not share your password with others.
- Consider a private space or the use of headphones while completing any MindBeacon work as it may contain private information
- Try to use a home or private network, which is more secure than public Wi-Fi.



The OSP program is a stepped-care program, which means that clients are directed to the service that best meets their needs. If at any time, you and/or your therapist feel that this service is not a good fit for your needs, you can move to individual or group therapy sessions, or OSP staff may suggest a different type of service outside of OSP. Please have a conversation with your therapist about this if you would like to discuss this at any time.