

DID YOU KNOW...

**THE MINDBEACON
THERAPIST GUIDED
PROGRAM WORKS...
ANYTIME, ANYWHERE**



WHAT'S THE MINDBEACON THERAPIST GUIDED PROGRAM?

It's an effective, easy-to-access way to receive personalized therapy. With no scheduled face-to-face appointments to set up or travel to, your therapy happens via your computer or mobile device where and when it's convenient for you.

Working with your own personal MindBeacon therapist, you'll focus on building coping skills to manage your mood, thoughts, and feelings – you may start to feel better in as little as a few weeks.

The program is eligible for reimbursement for you and your dependents (age 16 and over) through your GSC psychology/counseling services benefit – subject to any limitations under your plan design.

INTERESTED?

Just visit mindbeacon.com/gsc-pmember and click on "Start My Assessment." You'll be guided through the steps to complete your personal assessment.

If the MindBeacon Therapist Guided Program is right for you, you can get started right away. Or visit greenshield.ca/en-ca/health-and-wellbeing-tools/mental-health to learn more.

