

Feeling down? Overwhelmed? Stressed?



# INTRODUCING BEACON

digital therapy that works... anytime, anywhere

Many of us feel overwhelmed, depressed, or stressed out at times. If you're feeling that way more often than not, there are resources available to help you start feeling better.

BEACON is one of them, offering personalized therapy via your computer or mobile device – where and when it's convenient for you.

## Is BEACON right for you?

- Learn new ways to manage your mood, thoughts, and feelings through a focus on building coping skills
- Work with a regulated mental health professional as your personal BEACON therapist
- Complete online exercises and activities to fit your specific needs
- Guaranteed secure and confidential

## Coverage details...

- BEACON is covered for you and your dependents (age 16 and over) through your GSC psychology/counselling services benefit.
- The one-time \$500 cost includes:
  - An in-depth personal assessment
  - Unlimited messaging with your BEACON therapist for up to 12 weeks
  - Access to helpful online materials for a full year
- Reimbursement is subject to your plan provisions.

## Ready to get started?

Just visit [www.mindbeacon.com/gsc-pmember](http://www.mindbeacon.com/gsc-pmember) and click on "Start My Assessment" to get started right away.

