



BEACON Guided Digital Therapy

→ Effective support to strengthen your mental health.
Ready when you are. [Free during COVID-19](#)



There for you anytime, anywhere.
No appointments needed.

BEACON is digital therapy that's there for you wherever and whenever you want it. With it, you'll be guided by a registered mental health professional.

BEACON is used by Canadians coast to coast. It provides Cognitive Behavioural Therapy (or CBT), a clinically-proven method considered the gold standard when it comes to helping improve mood and anxiety.

With BEACON, there are no face-to-face therapy appointments to keep – everything is on your terms in a way that protects your data and privacy.

Is BEACON right for me?

BEACON has been designed to help individuals (age 16 years or older) experiencing symptoms related to depression, anxiety, PTSD, and insomnia. If you think you may be feeling any of these things, you can do a BEACON assessment.

The online assessment, which will take around 30 minutes, will help to ensure that BEACON therapy is compatible with your needs, and to help your therapist personalize a care path for you. Following this, you'll receive an invitation to begin therapy.

To see how BEACON works, watch a 2-minute video on [What to Expect](#).

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

BEACON is available free of charge to all Ontarians during the COVID-19 pandemic, funded by the **Ontario Government**



How does BEACON work?

BEACON provides Cognitive Behavioural Therapy (or CBT), an evidence-based approach that helps improve many mental health concerns.

With BEACON, you don't have to schedule your life around face-to-face therapy appointments – you use it whenever you want to from your mobile device or computer.

Most people typically take 6-10 weeks to complete BEACON therapy, and find the 12 weeks of therapist guidance provided is ample for completing their therapy.

What exactly is Cognitive Behavioural Therapy?

Cognitive Behavioural Therapy (CBT) can be an effective way to improve your frame of mind when life feels overwhelming.

CBT begins with our negative thoughts, and how realistic they actually are. Because our thoughts, behaviours, and emotions can influence each other, by identifying how they are related and what they trigger, we can change how we feel. This is accomplished through relaxation and worry management techniques, exposure activities, readings, maintaining thought records, and completing worksheets.

The more committed you are to developing resilience, the more you'll get out of CBT – and the better prepared you'll be when faced with a stressful situation.

How does the BEACON therapist work with me?

BEACON therapists are registered mental health professionals (primarily registered social workers).

You are paired with one BEACON therapist for the duration of your therapy, and they are dedicated to your progress from beginning to end. You receive the same level of care that you would with a face-to-face therapist.

Your BEACON therapist will tailor a course of therapy based on your unique needs, and will select readings and activities that will help you develop new skills. As you work through BEACON, your therapist will review your progress, provide encouragement and advice, as well as new perspectives to consider.

You interact with your therapist via secure messaging through BEACON, and they will always respond within 1-2 business days.

Will anyone know if I use BEACON?

Your use of BEACON, and all interactions with BEACON and the BEACON therapist, are treated as protected health information. We comply with the highest standards of data protection to ensure your information is confidential and secure.

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