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**I'M SO EXHAUSTED**

**I FEEL LIKE EVERYONE IS  
DEPENDING ON ME**

**I FEEL ANXIOUS  
ALL THE TIME**

**I CAN'T GET MOTIVATED  
TO GET THINGS DONE**

**I'M STRESSED  
ABOUT KEEPING  
EVERYONE SAFE**

**I FEEL LIKE  
I'M DROWNING**

**I'M EASILY IRRITABLE  
AND I DON'T KNOW WHY**

**I CAN'T GET A GOOD  
NIGHT'S SLEEP**

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# MindBeacon can help.

**You now have access to MindBeacon's confidential virtual mental health therapy clinic.**

MindBeacon is dedicated to providing you mental health support that fits your life.

Connect to MindBeacon from anywhere and access support from licensed mental health professionals. Whenever or wherever you need us, we're at your fingertips.

## Why use MindBeacon?

Every day, hundreds of Canadians join MindBeacon:

- One-stop private space to access mental health supports
- 24/7 access to MindBeacon content
- Access therapy wherever you're most comfortable
- Receive high-quality, evidence-based care

**Mind  
Beacon**

### Guided CBT Programs

Complete an online assessment and get matched with your therapist. Your therapist guides you through a CBT Program of readings and exercises, to help you improve your mental resilience. All Guided Programs include unlimited messaging with your therapist.

**This program is provided to employees at no cost.**

**86% of people who complete our program see a reduction in their symptoms.**



### Live Sessions

Meet with your therapist through video or phone sessions. Book your session online and choose a therapist best suited for you. You can find next-day appointments and easily change therapists any time. **This service is reimbursable through your benefits plan.**

**Our Therapists have a 4.9/5 customer satisfaction rating.**

Activate your MindBeacon account today and learn more about the services provided to Health PEI by visiting:

<https://info.mindbeacon.com/access-mb/healthpei>