

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



Mental health support at your fingertips.

- ✓ Private online space to access all your mental health supports
- ✓ 1:1 access to your own therapist via asynchronous messaging wherever, whenever you want
- ✓ Monthly mental wellness newsletter and virtual events
- ✓ Type, read, watch – whatever you're most comfortable with

Activate your MindBeacon account by scanning this QR code. >>

This program is available to all Health PEI employees. It is completely confidential and no one will know that you have accessed it.



**Mind
Beacon**

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

I'm stressed
about keeping
everyone safe



Mental health support at your fingertips.

- ✓ Private online space to access all your mental health supports
- ✓ 1:1 access to your own therapist via asynchronous messaging wherever, whenever you want
- ✓ Monthly mental wellness newsletter and virtual events
- ✓ Type, read, watch – whatever you're most comfortable with

Activate your MindBeacon account by scanning this QR code. >>

This program is available to all Health PEI employees.
It is completely confidential and no one will know that you have accessed it.



**Mind
Beacon**

I can't
get a
good
night's
sleep

I'm feeling
overwhelmed

I'm so
exhausted

I'm starting to need
a drink every day



Mental health support at your fingertips.

- ✓ Private online space to access all your mental health supports
- ✓ 1:1 access to your own therapist via asynchronous messaging wherever, whenever you want
- ✓ Monthly mental wellness newsletter and virtual events
- ✓ Type, read, watch – whatever you're most comfortable with

Activate your MindBeacon account by scanning this QR code. >>

This program is available to all Health PEI employees.
It is completely confidential and no one will know that you have accessed it.



**Mind
Beacon**