

# SAFETY TALK



## MINDBEACON

The Occupational Health, Safety & Wellness team is excited to launch **MindBeacon**, an therapist assisted, internet delivered Cognitive Behavioural Therapy app for all Health PEI staff.

### PROTOCOL DRIVEN TREATMENT CONDITIONS

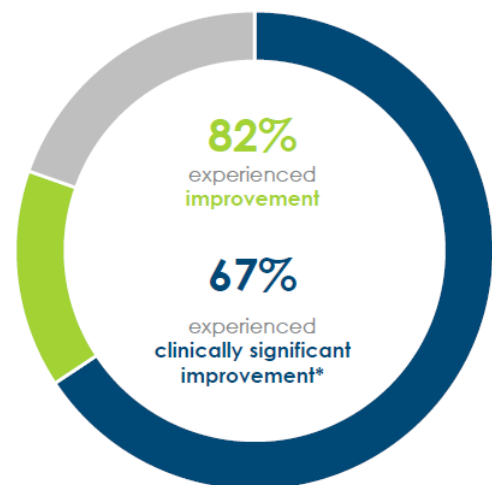


### What is Internet Delivered Cognitive Behavioural Therapy?

- Evidence based
- Personalized for each client
- Helps change thoughts and behaviours
- Helps client develop coping and resiliency skills
- Promotes lasting change

### WHAT MINDBEACON OFFERS:

- 1:1 highly personalized treatment
- All treatment is provide by mental health professionals regulated in PEI
- Unlimited messaging in the MindBeacon platform
- Assessment and monitoring to measure clinical impact
- Up to 12 weeks of treatment
- No scheduled appointments required
- Completely confidential



To access MindBeacon, visit the MindBeacon website or Staff Resource Centre at:

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

<https://src.healthpei.ca/mindbeacon>

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

## DISCUSSION QUESTIONS:

HOW CAN WE ENSURE THAT ALL OF THE MEMBERS OF OUR TEAM ARE AWARE OF THIS RESOURCE FOR STAFF?

WHAT ARE SOME OTHER WAYS THAT WE CAN SUPPORT EACH OTHER WHEN WE ARE WORKING AND IF WE SEE OUR PEERS STRUGGLING?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org).

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>