



BEACON digital therapy

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The Unbridged Gap in Mental Health Care

1 in 5

CANADIANS

will experience a mental health problem or illness each year

2/ 3

OF THOSE SUFFERING

from a mental health concern do not obtain treatment

500,000+

CANADIANS MISS WORK EVERY WEEK

due to mental health issues

Cost

Stigma

Lack of resources

Time limitations

TOP BARRIERS

to seeking treatment

MindBeacon Group

is closing the gaps in mental health care



Largest private mental health care practice in Canada specializing in CBT and other proven, evidence-based therapies



Digitally delivered therapist-assisted course of personalized CBT treatment beginning with a rigorous self-assessment that can provide a full differential diagnosis and personalized treatment plan



Our Mission

MindBeacon Group will revolutionize the availability, access, and delivery of effective mental health and wellness services.

'A world of healthier minds, and better lives'

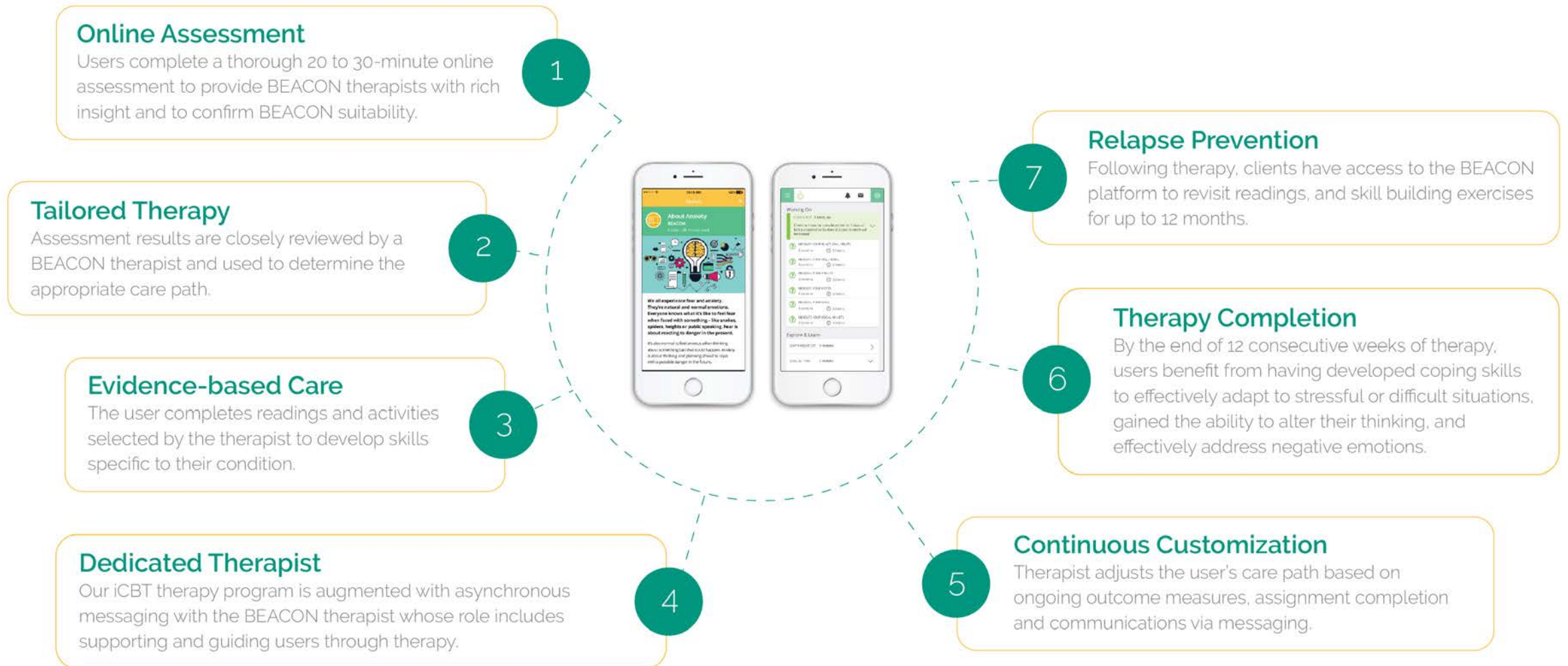


Canadian-Made

Designed, developed and housed right here in Canada

The BEACON experience

Comprehensive assessment, dedicated therapist, individualized experience, accessible anytime – anywhere.



Making a Big Impact

Meaningful results. Impacting lives.



“ I can't imagine what the last few months would have looked like without the program. ”

- Female, 37

*25% or greater reduction in symptom score

Validated Thought Leadership

Driving the Conversation and Policy in Canada



Internet-Delivered Cognitive Behavioural Therapy for Major Depression and Anxiety Disorders

Publication date: February 2019 Status: Final recommendation

Final Recommendation

- Health Quality Ontario, under the guidance of the Ontario Health Technology Advisory Committee, recommends publicly funding guided internet-delivered cognitive behavioural therapy for mild to moderate major depression and anxiety disorders

[Read the Final Recommendation Report](#)

CADTH Evidence Driven.

Canadian Agency for Drugs and Technologies in Health (CADTH), in collaboration with HQO, also reviewed:

FINAL RECOMMENDATION: CADTH's HTERP Committee recommends **that guided internet-delivered CBT be offered to adults** with mild to moderate major depressive disorder and/ or anxiety disorders.

Internet-Delivered Cognitive Behavioural Therapy for Major Depressive Disorder and Anxiety Disorders: A Health Technology Assessment

Last updated: July 22, 2019

Project Number: OP0534-000

Product Line: [Optimal Use](#)

Research Type: Device

Result type: Report

Major depressive disorder (MDD) is the occurrence of one or more major depressive episodes that last at least two weeks. Anxiety disorders include a range of conditions, including generalized anxiety disorder, panic disorder, and social anxiety disorder. MDD and anxiety disorders may be treated with pharmacological and/or psychological interventions such as cognitive behavioural therapy (CBT). CBT delivered via the Internet (iCBT) may mitigate barriers to accessing face-to-face CBT such as geographical distance or cost of treatment.

CADTH, in collaboration with Health Quality Ontario (HQO), completed an Optimal Use project on the use of iCBT in patients with mild to moderate MDD and anxiety. HQO completed a systematic review of the clinical and economic evidence, as well as an economic analysis, and direct patient engagement for patient preferences and values. CADTH developed reviews for patient perspectives and experiences (literature review), and ethical and implementation issues related to iCBT.



The Premier's Council released a report in June 2019, *A healthy Ontario: Building a sustainable health care system* with recommendations for iCBT.

INNOVATION IN ONTARIO

Ontario's Structured Psychotherapy Program

Ontario is delivering a Structured Psychotherapy Program to treat depression and anxiety. It is based on a UK program that has demonstrated treating depression and anxiety in the community pays for itself by reducing health care costs, decreasing disability and social assistance payments and increasing tax revenue.

Clients access a stepped-care pathway depending on their needs, participating in psychoeducation groups, using clinician-supported internet-based

cognitive behavioural therapy (CBT), self-management workbooks or in-person psychotherapy. Primary care providers support clients with medication and are kept up to date on their progress with data sent through electronic medical records.

Care is consistently delivered across four speciality mental health hospital hubs and multiple community sites. The program has demonstrated decreased use of acute care services and positive client recovery rates.

Therapist assisted internet CBT is **THE** cost effective and preferred way to solve the mental health crisis



A close-up photograph of a person's hands holding a smartphone. The person is wearing a bright yellow, textured cable-knit sweater. The phone is held horizontally, and a white, dashed-line rectangular frame is superimposed over the phone and hands. The background is a blurred, light-colored wall.

Thank you

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