



DIGITAL MENTAL WELLNESS SUPPORT

This therapist-assisted program offers a modern approach to mental wellness no matter your location.

It's staggering to think that two of every three Canadians who struggle with mental health concerns do not seek treatment.

Often, they don't seek help because of time constraints to access face-to-face therapy, the unavailability of qualified therapists, cost and worries over social stigma. Those barriers can be multiplied in rural areas, where fewer services are available and people need to travel longer distances to reach support.

That's why Beacon, a therapist-assisted Internet-based cognitive behavioural therapy (iCBT) program was developed. Delivered privately and securely through a digital platform to any web-enabled device, Beacon's approach to mental wellness is designed for people who may be dealing with mild to moderate depression, anxiety or post-traumatic stress disorder.

Mental management skills

Cognitive behavioural therapy (CBT) is the gold-standard psychotherapy approach to improving mood and addressing anxiety challenges.

With CBT, a therapist guides you through readings and activities to help you develop resilience and coping skills.

The concept behind CBT begins with the negative or distorted thoughts we have and explores how realistic they are. Our thoughts, behaviours and emotions can influence each other so, when we identify how they are related and what they trigger, we can learn to improve how we feel.

CBT helps us manage our feelings so we may ultimately develop a healthier, more positive outlook.

At your fingertips

This new form of mental health care is designed for individuals age 16 years and older, with clear appeal to



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Farmers can message their therapists any time of day.

farmers who often have inflexible and seasonal work schedules.

Beacon focuses on early intervention to mental wellness issues as a key to effective recovery. The program pairs each client with a registered mental health professional for the duration of therapy.

The customized digital therapy begins with an online assessment. The therapist reviews this information and tailors therapy readings and activities to your needs.

Therapists design programs to be completed by most people in six to 10 weeks and provide guidance for up to 12 weeks.

All communication is conducted through a private and secure digital platform. This digital approach has its advantages over in-person therapy. Instead of waiting a week to ask your therapist a question or have him or her review your worksheets in person, you can send a message to your Beacon therapist at any time. He or she will reply within one to two business days.

This system offers obvious benefits to farmers, who can message their therapists any time of the day – first thing in the morning, after chores or even from the cab of a tractor. The

stigma that some people may attach to in-person therapy is also lessened, since you don't need to keep regular appointments.

Beacon is eligible for reimbursement through most group benefits plans. If you have a group benefits plan, confirm your coverage through your plan provider.

The program also offers affordable pricing options for anyone not covered under a benefit plan.

The cost of a full course of iCBT through Beacon is up to 80 per cent less expensive than face-to-face psychological therapy.

For more information on iCBT or to access a digital mental wellness health strategy for yourself, someone in your farm family or your employees, visit mindbeacon.com. **BF**

Claire Duboc is the managing director at the MindBeacon Group, which encompasses leading psychology clinic network CBT Associates and the Beacon digital therapy platform.

For more information on farm, family and employee health benefits and coverage, visit ofa.on.ca/benefit. The OFA offers flexible individual and group plans through the OFA Agri-Health Insurance Program.