

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



MindBeacon offers Cognitive Behavioral Therapy (CBT) to USask faculty, staff and their dependents. CBT is an online, short-term form of therapy that helps you develop strategies and skills to help change your thoughts, attitudes and beliefs related to emotional and behavioral issues that may be causing you difficulty.

You don't need to be in crisis to access support. MindBeacon is here to support you throughout your lifelong journey to better mental health. Many people use MindBeacon to guide them through times of stress and anxiety, sleeping troubles, relationship challenges, worry, and more. MindBeacon is completely confidential and no one will know if you have joined or if you have accessed help.

## MindBeacon offers



Monthly Mental  
Wellness  
Newsletter & Events



Guided CBT  
Programs



Live  
Sessions



Peer to Peer  
Support



Navigation  
Assistant

