

I can't get a good night's sleep.

I feel anxious all the time.

I'm stressed about keeping everyone safe.

I'm so exhausted.

I feel like everyone is depending on me.

I can't get motivated to get things done.

I feel like I'm drowning.

I'm easily irritable and I don't know why.

## You now have access to digital mental health support

Kii is dedicated to providing you mental health support that fits your life through MindBeacon™. Connect to MindBeacon™ from anywhere and access support from licensed mental health professionals. Whenever or wherever you need us, we're at your fingertips.

### Why use Kii?

- One-stop private space to access mental health supports
- 24/7 access to MindBeacon™ content
- Access therapy wherever you're most comfortable
- Receive high-quality, evidence-based care



**Log into your account at:**  
Kiihealth.ca | Access code:  
**1-833 399-3418**

# Here to support you through your lifelong journey to better mental health

## MindBeacon™ Guided CBT Program

Complete an online assessment and get matched with your therapist. Your therapist guides you through an online Cognitive Behavioural Therapy (CBT) program of readings and exercises to help you improve your mental resilience. All guided programs include unlimited messaging with your therapist.



**86% of people who complete our program see a reduction in their symptoms.**

## Things that you may have on your mind

### Will anyone know I'm using Kii?

All access to services are kept strictly confidential within the limits of the law. This means we will not disclose any information about you or your family to anyone without your consent.

### How can I be sure this will be right for me?

We have professionals who are trained in delivering care with sensitivity to differences in spiritual, cultural, race, language, disabilities, gender, and sexual orientation.

### What's the cost?

There is no cost to you or your family to use Kii. This program has been provided to you by your employer.

### Do I have to download an app? How complicated is it to access this online?

There is no app to download! You can access Kii via a browser on your phone, computer or tablet. Creating an account takes less than a minute and our online experience is seamless and easy to navigate.



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