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## BREAKING NEWS

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April 1, 2020

### **AMO Partners with Digital Mental Health Therapy Service Provider**

April 1, 2020 – Toronto: The Association of Municipalities of Ontario (AMO) is pleased to partner with BEACON, a service that delivers cognitive behavioural therapy (CBT) digitally, with one-on-one guidance of a registered therapist.

This partnership will help municipal governments offer employees and their families immediate access to quality mental health care through a convenient online platform.

While particularly relevant during the current COVID-19 crisis, the service is important at all times for improving access to mental health care. The platform by-passes the wait times and other barriers to receiving mental health support when needed. AMO has negotiated cost-effective pricing on behalf of municipal employers so they can put the service in place quickly and efficiently.

“We’ve partnered with BEACON to help our members provide proven, evidence-based therapy to their staff and their families quickly,” said AMO President Jamie McGarvey. “Supporting employee mental health is always an important responsibility, but certainly now more than ever – when so many municipal employees continue to provide front line services.”

BEACON is a digital CBT provider that has demonstrated successful mental health improvement with thousands of individuals across Canada. The service provides CBT through a user’s phone, tablet, or computer – from wherever and whenever she or he is most comfortable.

BEACON therapy is guided by a registered mental health professional to help build crucial lifelong resiliency skills. It helps people experiencing symptoms related to depression, anxiety, insomnia and posttraumatic stress.

“The heightened stresses related to COVID-19 have undoubtedly created risks to the mental health of all,” said Sam Duboc, MindBeacon Group CEO. “We’re pleased to provide Ontario’s municipal employees and families with high quality mental health care that’s easy to access, so they can function at their best through this time and beyond.”

The program also aligns with the province’s *Roadmap to Wellness: A Plan to Build Ontario’s Mental Health and Addictions System* which highlights implementing innovative solutions to expand the delivery of mental health and addiction services across Ontario.

## About AMO

AMO is a non-profit organization representing almost all of Ontario's 444 municipal governments. AMO supports strong and effective municipal government in Ontario and promotes the value of municipal government as a vital and essential component of Ontario and Canada's political system.

## About BEACON

BEACON is developed and operated by the MindBeacon Group. MindBeacon is committed to revolutionizing the access and delivery of evidence-based mental and behavioural health services. Since launching in 2017, BEACON has helped thousands of Canadians struggling with mental health concerns become empowered to live to their fullest potential.

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