

Mental health support at your fingertips

Online mental health program included with Manitoba Blue Cross Employee Assistance Program coverage!

From stress and anxiety to relationship troubles, sleep challenges and more, learn how to change the cycle of negative thoughts and behaviours with internet-based cognitive behavioural therapy (iCBT) from Manitoba Blue Cross partner MindBeacon. This service can support you wherever you are in your wellness journey.

Program benefits include access to:

- virtual mental health supports in a private, online space.
- high-quality, evidence-based care.
- comprehensive library of mental health wellness content.
- unlimited messaging with a matched therapist.



Sign up for iCBT online at
mb.bluecross.ca/icbt

The iCBT program is another valuable resource from Manitoba Blue Cross to further support your mental health.

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**Mind
Beacon**