



Services Administered through
HARMONY HEALTHCARE

THERAPIST Assisted iCBT

Our Internet-based Cognitive Behavioral Therapy (iCBT) is the mental health solution for patients in need of easy-to-access and proven support. iCBT provides a 12-week personalized therapy which is guided by a licensed mental health professional, providing support through secure text-based messaging. When active therapy is done, your patient will have access to their completed work (workbooks, readings, thought records etc.) and messaging for one full year.



Eligibility Criteria

- 18 Years of age or older
- Comfortable reading and writing in English or Spanish
- Able to access a smartphone, tablet or computer

Presenting mild to severe symptoms related to:



DEPRESSION



ANXIETY



PANIC



SOCIAL ANXIETY



INSOMNIA



STRESS

The Process

1



Create an account and get started right away

Tell us about yourself, your feelings and your situation, so your therapist can understand you better.

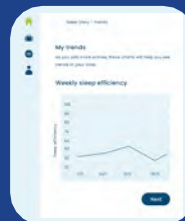
2



Your therapist creates a plan designed just for you

Through secure direct messages, readings and activities, your therapist will help you develop the skills you need to thrive.

3



Complete your personalized program in 6 to 12 weeks

Work one-on-one with your dedicated therapist for up to 12 weeks and access your resources for up to one year.

Exclusion Criteria

Actively experiencing psychosis, suicidal, in crisis or self harming. Actively experiencing mania or hypomania. Participates in high intake of alcohol or drugs

ENGLISH: <https://info.mindbeacon.com/access-mb-us/the-culinary-fund>
SPANISH: <https://info.mindbeacon.com/es/access-mb-us/the-culinary-fund>

For Assistance please call: (702) 251-8000