

Beating the Blues® is an online CBT program that is easy to use and completely confidential. It is an effective treatment for anxiety and depression. There are 8 sessions which are broken down into 15/20 minute manageable chunks. You access the programme online and progress at your own pace, working on problems that are specific to you.

Studies have shown that 70% of patients with mild to moderate depression who complete the online CBT program require no further treatment and 89% of participants rated Beating the Blues as helpful.

Advantages

- Work at your own pace.
- Identify and achieve goals.
- Learn from the experience of others.
- Get better and stay better.
- Available 24/7 at time to suit you.
- Completely confidential.

How do I access this?

The programme is fully supported by the NHS. Ask your GP for more information and to refer you to the service.

Once referred, you will be contacted by an NHS Beating the Blues Coordinator who will support you to access the programme.

The sessions can be completed from your home computer, smartphone or tablet or at your local library. If you do not feel confident using a computer support can be provided.

Beating the Blues

Treating Depression and Anxiety

This information leaflet is available on request, in other formats by telephoning (01387) 244495



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Beating the Blues

Beating the Blues® is a computer-based Cognitive Behaviour Therapy program (cCBT) that works by helping you to understand stress, depression and anxiety and then provides you with ways to better manage your condition.

cCBT is recommended by the National Institute for Health and Clinical Excellence for the treatment of depression.

Anxiety and Depression

Depression and anxiety are extremely common. Many of us recover naturally - sometimes simply because the cause of the problem has passed. However, if symptoms persist, worsen or are having a significant effect on our quality of life then it is best to seek help.

Symptoms may include:

- Feeling sad or anxious all of the time
- Physical feelings of tension or panic
- Feeling unable to cope with everyday stressors
- Difficulties with sleeping, feeling tired or irritable
- Finding it hard to concentrate, remember things or make decisions
- Experiencing worrying thoughts that you are unable to get out of your head
- Negative view of yourself and or the future
- Less able to work or participate in social activities
- Loss of interest in enjoyable activities
- Withdrawal from family or friends

About CBT

Cognitive Behavioural Therapy (CBT) has been used successfully for many years to treat stress, anxiety and depression. Rather than focusing on what happened in the past, CBT helps you to focus on resolving your current issues. CBT helps you to see the link between how you think and how this influences your feelings and behaviour. In particular, it goes to work on your negative thoughts and shows you how to think in a more helpful way.

"It's given me the confidence to actually manage my own feelings... and it helps you to understand where these feelings are coming from."

"Definitely give it go; I think it's been really useful."

"It's the behavioural changes that have been most helpful and definitely had an effect on all areas of my life."