



Beating the Blues

TREATING DEPRESSION & ANXIETY



How do I find out more?

Visit www.beatingtheblues.co.uk or ask your doctor or healthcare worker.

Recovery focussed

- 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 much does it cost?

The program is available through your GP or GP Practice. Please ask them to arrange for you to have access.

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.

About anxiety and depression

Depression and anxiety are extremely common and affect about 15% of adults in a lifetime and 7% in any one year. 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.

How does it feel to have depression?

The symptoms of depression vary from person to person. Patients with depression can often feel sad, gloomy or lonely. You may have trouble sleeping then feel tired and irritable during the day. You may have difficulty concentrating, remembering things or making decisions. Often, when you are depressed or anxious, you have a negative view of yourself and the future. You may be less able to work or participate in social activities, leaving you feeling unable to cope with worries about money and the future. A result of these feelings is that you may withdraw from friends, and lose interest in activities and things you usually enjoy.

How does it feel to be anxious?

When some people get anxious they get headaches, pounding hearts, tense muscles and breathlessness or they feel wound up, agitated or irritable. You could describe these symptoms by saying that you feel anxious, stressed, nervous, wound up or panicky.

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."



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 x 50 minute sessions that you access online and you 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.

Is it right for me?

You can find more information on Beating the Blues, including a demonstration video on our website: www.beatingtheblues.co.uk or ask your doctor or healthcare worker.