

Beating the Blues™ HELPING YOU TODAY



Elaine is a single parent who found life very difficult. CBT helped her to work on her anxiety and depression and to start tackling her problems. She now feels much better.

- Helping you learn practical, life-long skills to feel better and stay better
- Easy-to-use, confidential, self-help computer programme
- 8 weekly sessions
- Progress at your own pace
- Access Personal Case Studies in the programme



Andrew, a teacher in his mid 20's, became depressed for no apparent reason. He fell behind with his lessons preparation and marking, and found it increasingly difficult to control his classes. All of this put a strain on his relationship with his girlfriend.

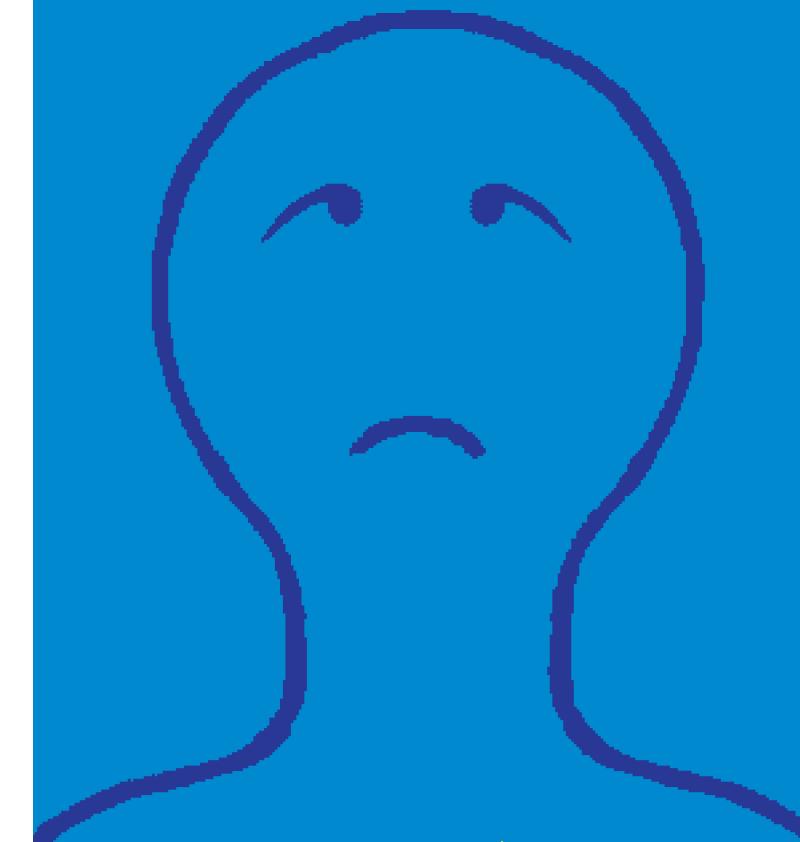
How do I get to use Beating the Blues™?

A step-by-step guide:

1. You can access Beating the Blues™ through a referral from your GP or Health Worker.
2. You will then call your Beating the Blues™ Centre to book your first session.
3. At the first session you will watch an Introductory Video which will give you background on the programme and tell you more about anxiety and depression.
4. At your next visit you will be able to begin your weekly sessions by working on the computer.
5. The programme is easy to use and the cues on screen will guide you through the process.
6. You can progress at your own pace and book your sessions to fit with your schedule.
7. Your session is confidential. At the end of each session both you and your GP will get a report to help monitor your progress.

For more information about Beating the Blues™ contact:

Stressed? Feeling down? Unable to cope?



**Beating
the Blues**

Cognitive Behavioural Therapy

Helping you to **get better & stay better**

Depression and anxiety THE FACTS!

● You are not alone

Depression and anxiety are extremely common. In fact, one in every five people is affected at some time in their lives. Depression and anxiety often go hand in hand, but they can occur alone too.

● An effective treatment method

Cognitive Behavioural Therapy (CBT) has been used successfully for many years to treat anxiety and depression.

● Focusing on the here and now

Rather than focusing on what has happened in your past, CBT helps you focus on what is happening in your life here and now.

● Creating a link between how you think & feel

CBT helps you to see the link between how you think on one hand, and how you feel and behave on the other. In particular it works on thoughts that are unrealistic and gives you ways to change them to more helpful ways of thinking.

● Effective results

Results are quick and extremely effective if people work through the programme and carry out weekly projects in between sessions.

Remember – the more you put in, the more you will get out!

● The Symptoms

The symptoms of anxiety and depression vary from person to person. Often symptoms occur with thoughts or images of being out of control, overwhelmed, embarrassed, in danger or unable to cope.



● Feeling Anxious

Different words are used to describe these symptoms like anxiety, stress, nerves, wound up and panic. When some people get anxious they get headaches, pounding heart, tense muscles, breathlessness or other physical symptoms. Others feel generally wound up, agitated or irritable.

● Feeling Depressed

When you are depressed you may feel sad, gloomy and lonely. You may experience feelings of irritability and guilt.

Also you could find that you have difficulties concentrating or making decisions. Often when you are depressed you will have a negative view of yourself, and see the future as very bleak.

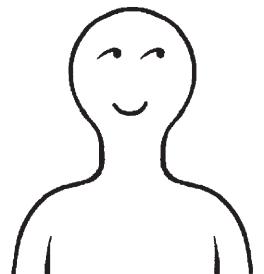
A result of these feelings is that you may withdraw from friends, have problems sleeping and lose interest in activities and things that you usually enjoy.

Helping you

Your doctor believes that **Beating the Blues™** can help you.

Beating the Blues™

is an easy-to-use self-help computer programme.



Based on Cognitive Behavioural Therapy (CBT), it is a new way of helping people to learn to cope with anxiety and depression.

Research has shown that CBT works for many people with depression and anxiety by teaching practical, lifelong skills to help them feel better and stay better.

This programme was jointly designed and developed by Dr Judy Proudfoot and her team at the Institute of Psychiatry, Kings College, London and Ultrasis plc.

Using an interactive, multimedia format and proven therapies we have developed a programme to improve your access to treatment.



Helping you to **get better & stay better**

