



Feeling Stressed, Anxious or Low?

# What is it?

## **Designed to help with symptoms of low mood and depression.....**

Beating the Blues is an online programme proven to help people who are feeling stressed, depressed, anxious or just generally low. Beating the Blues is based on cognitive-behavioural therapy – a psychological therapy that focuses on the relationships between thoughts (cognitions), behaviours and feelings.

## **How do I access the service?**

Your GP or mental health worker can refer you to Beating the Blues service. Once we receive the referral we shall contact you within 3-4 working days.

**I THOUGHT BEATING THE  
BLUES WAS EXCELLENT, JUST  
THE RIGHT AMOUNT OF  
INFORMATION WITHOUT  
BEING DIFFICULT.**



# **Interested in learning ways to better manage stress, depression and anxiety?**

## **Accessible and easy to use.....**

Anyone can use Beating the Blues as no computer experience is necessary. You work at your own pace. Beating the Blues consists of eight sessions. Each session is made up of 3-5 modules. Each module takes about 10-15 minutes to complete. For the programme to be most effective, we advise completing a module every other day, about one session every week. They focus on what is happening in your life here and now. The sessions help you see the link between how your thinking influences how you feel and behave. Beating the Blues is most effective if you also do the tasks recommended in each session.

## **Flexible, use it anytime, anyplace, anywhere.....**

The programme is confidential and available 24/7 so you can work through it at your own pace. It can be accessed at home or at a library, if you prefer.



# Contact Us



For further information on this ONLINE programme  
talk to your GP or mental health worker

**[www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)**

You can also email, call or write to us and  
we will get back to you:

**Fife.ccbtadmin@nhs.net**

**01383 565427/545431**  
(please leave a message)

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