

# BEATING THE BLUES

## PATIENT INFORMATION

For technical assistance contact [support@365healthsolutions.co.uk](mailto:support@365healthsolutions.co.uk)

### What is Beating the Blues?

Beating the Blues is a **Cognitive Behavioural Therapy (CBT)** programme delivered online that teaches you techniques to help you manage symptoms such as stress, anxiety and depression.

Watch how people with similar symptoms to your own have been helped by the programme. Complete simple exercises to learn the techniques and practice them in your own time to start feeling better.



Easy to Use



Self-guided



Proven



Interactive



Video Clips



For Ages 16+

### How will Beating the Blues help me?

Beating the Blues helps you manage how you feel by showing you the link between your feelings and what you do, think and say. Becoming your own therapist makes it more comfortable to be open and express yourself, enabling you to think in a more realistic and helpful way.



Manage Thoughts



Lifelong Skills



Feel Better

### How do I complete Beating the Blues?

The 8 sessions each consists of 3-5 modules and you should aim to complete 1 module every other day. You can continue where you left off and it will take you approximately 8 to 10 weeks to complete.



CBT Sessions



Flexible Schedule



10 minute Modules



Autosaves Progress



Project Sheets



Practise Techniques

### Where can I use Beating the Blues?



Anywhere



All-Online



Audio

The programme is all online and can be used anywhere via the devices shown below. All you need is a stable internet connection.

You will need speakers or headphones to listen to the audio and follow the programme narrative. Subtitles are also available.



Smartphone



Tablet



Laptop/PC

## How do I get the most out of Beating the Blues?



### Commitment

- To embracing the concepts
- To carrying out the projects
- To putting techniques into practice



### Willingness

- to open up to change
- to accept what you can't control
- to think realistically

## When can I expect to feel better?

- Beating the Blues requires your cooperation, **the more effort you put in, the more you will get out**
- **Be patient** - In the beginning, your symptoms can cause low motivation in your early sessions.
- **Keep going** - Don't be disheartened if you don't feel better immediately. Almost all users discover a 'golden nugget' of information that accelerates their recovery and helps them to stay better.
- Every technique or module doesn't have to make you feel better straight away for it to benefit you



"My personal targets became clear after the first two sessions and by the end of **Session 3** I felt much more **in control** of my feelings"



"Reflecting on my own beliefs in **Session 5** helped me put my thoughts into perspective. I still use the techniques regularly to overcome my anxiety and manage my mood."



Patience



Practise



Revelation



Relief



Recovery



Future-Ready

## How is my data protected?

Unique usernames and passwords, encryption and storage on secure servers protect your data. Progress reports containing limited data on your improvement are reviewed by your Beating the Blues coordinator and may be shared with the GP who referred you to ensure your safety and track your recovery.



Encrypted



Secure



Confidential

## How do I get access?



Ask your GP



Receive Email



Sign-Up

Occasionally, data that is routinely collected is anonymised and used in NHS service improvement. All information that could be used to identify you is removed so your confidentiality is maintained.

## What happens if I have suicidal thoughts?

If you have any thoughts of self-harm or harm to others, stop using the programme and get help. Contact NHS 24 on 111 or the Samaritans on 116 123 for free, any time.



Stop



Call 111

At the start of each Beating the Blues session you will be asked if you have had thoughts of suicide in the last 7 days. If you answer "Yes", your GP or Healthcare professional will be informed by the next working day and may telephone you to offer support and to discuss how you are feeling.

# Beating the Blues is based on CBT and follows a similar process to face-to-face approaches

Beating the Blues Sessions are as follows



## Introduction

Beating the Blues Tour | CBT | Navigating the Programme

# 1

## Your Road to Recovery



- What does 'being better' look like for you?
- Establish a clear picture of your problems and their causes



# 2

## Set your Goals



- Set your goals for therapy
- Discover the links between feelings and what you do, think and say



# 3

## Thinking Errors



- Recognise that your thinking can become distorted due your symptoms
- Structured problem solving techniques to overcome these errors and to get relief



### Relief Milestone



# 4

## Realistic Thinking



- Use realistic thinking to help you feel better
- Sleep Management, Overcoming Panic and Getting Organised to improve your wellbeing



# 5

## Feeling & Believing



- Spotting when your beliefs are unhelpful
- Change these unhelpful beliefs in order to feel, behave and stay better



### Recovery Milestone



# 6

## Explore your Reasoning



- Explore how you distinguish between good and bad events in your life
- Overcome hopelessness and build self-esteem



# 7

## Building Confidence



- Recognise successes in your life that came from your actions
- Manage negative influences and cope with life's ups and downs



# 8

## Tools for the Future



- Review all that you have learnt and check your progress toward your goals
- Set goals for future and continue practising
- Plan of action in case of future setbacks



### Completion Milestone



## For Further Assistance

For additional help contact your cCBT Coordinator for NHS Fife

Monday - Friday: 8.30am - 4.30pm.

Email: [fife.ccbtadmin@nhs.scot](mailto:fife.ccbtadmin@nhs.scot)

For technical assistance contact [support@365healthsolutions.co.uk](mailto:support@365healthsolutions.co.uk)

