

## What is Beating the Blues?

Beating the Blues is an online treatment program that uses cognitive behavioural therapy (**CBT**) to help people experiencing anxiety and/or depression.

## What is CBT?

CBT is a psychological therapy that works on the relationships between thoughts (cognitions), behaviours and feelings. CBT teaches the individual how to recognise and tackle problems here and now, rather than in the past. It has been widely studied and has been proven to work especially on depression and anxiety.

## What does Beating the Blues consist of?

Beating the Blues consists of 8 online sessions each lasting around 1 hour completed weekly. The program is interactive - during session you can watch video clips, complete exercises and learn CBT techniques that can help with anxiety and depression. Each week you will be given tasks to complete during the week between sessions.

## How will it help me?

Beating the Blues will help you to pinpoint and change unhelpful ways of thinking that can affect how you feel while teaching you more effective ways of solving problems.

## How many sessions do I need to complete?

It is important to complete as many sessions as possible. When completing the first couple of sessions it may be hard to see how it is relevant to your situation. However, the programme is designed to build up your knowledge and skills over the weeks and if you stop too early you will not get the full benefits of the treatment.

## How do I access Beating the Blues?

Your healthcare worker (i.e your GP) will your local cCBT Team to request you are provided with this information. Around a week later you will receive further information.

With your activation code and can access:

<http://www.beatingtheblues.co.uk>.

Now scroll to the bottom right of the screen and click on **“Activate Account”**.

This is **circled** in the adjacent image.

Enter your activation code and follow on screen instructions.



## Where and how can I complete the course?

The course can be completed in your home or in a community site such as a library.

To complete at home you will need a PC or laptop with an internet connection and speakers/earphones. Please note the program is not currently compatible with tablets (including iPads) or smartphones. When completing it at home it is important to try and plan in advance a time to do the sessions. It *may* help to do sessions at the same time and same day each week.

You can complete the sessions from any computer, can re-do sessions you find useful and don't have to complete all of a session in "one go" if you need to take a break or are interrupted – it is designed to be fully flexible.

## Is the information I put onto Beating the Blues confidential?

Yes, like most websites you will sign up and choose a username and password to access your account. All your data is stored in an encrypted (confidential and secure) database.

There are 'free text' fields you can complete during the program – it is recommended that should you choose to enter information that you keep this generalised in such a way as it would not be identifiable to yourself in any way. On a weekly basis the programme will generate a progress report that contains a limited amount of information relating to how you have felt since your last session. This report will be reviewed by your cCBT administrator and may be shared with your referrer. The information in this report is used to ensure your safety and to monitor your progress throughout the treatment.

Data that is routinely collected during the program will sometimes be used in service improvement and evaluation. The information may be shared with other Health Boards, nationally with NHS 24 in order to help improve the service.

This information is always anonymised, this means all information that could be used to identify you is removed (and deleted after two years) and your confidentiality is maintained.

**PLEASE NOTE THAT ANY EMAIL ADDRESS AND/OR CONTACT NUMBER PROVIDED WILL BE USED TO SEND INFORMATION REQUIRED TO ACCESS cCBT AND FOR THE ADMINISTRATORS TO CONTACT THE DOCTOR OR NURSE WITH UPDATES REGARDING YOUR USAGE AND PROGRESS WITH THE PROGRAMME**

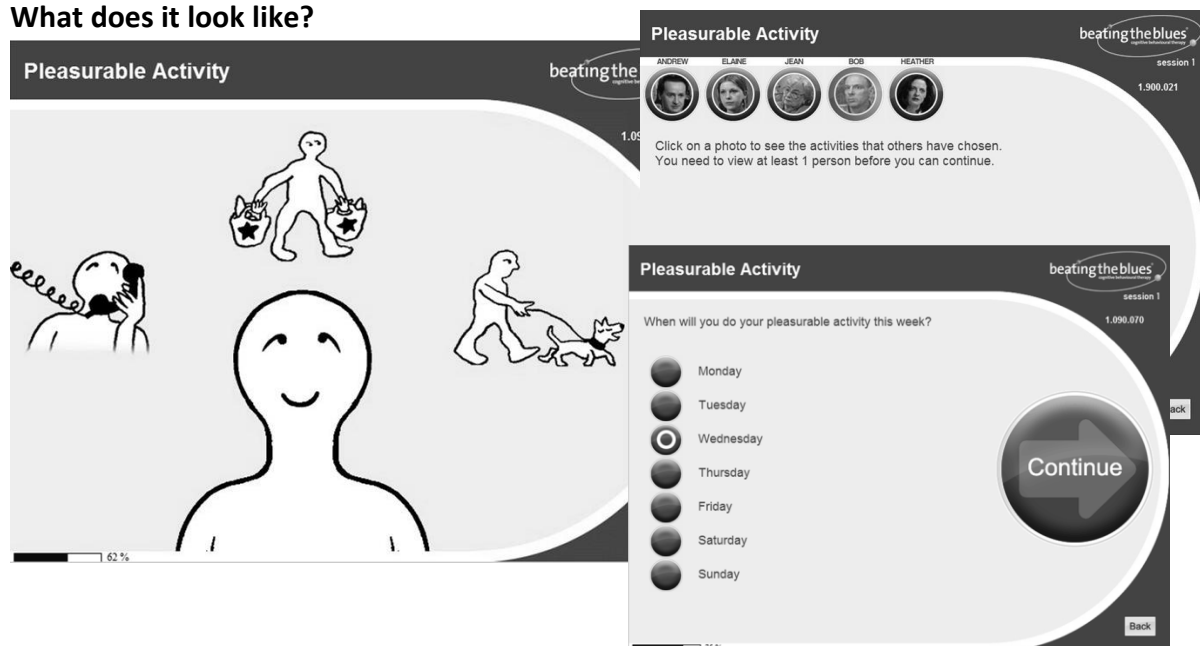
## Beating the Blues and thoughts of suicide

Before each session the programme will ask you if you have had any thoughts about suicide in the last week. If you answer 'yes' the cCBT team will inform the person that referred you to the programme the next working day along with any other relevant information from your session. The course will recommend you contact your doctor or someone else who can help you, outside of working hours it will recommend you contact NHS 24 (111) to discuss these feelings.

## What happens if I phone NHS 24 (111)?

NHS 24 has highly trained staff available 24 hours a day. When you call they will ask you a series of questions which will help them determine the best way to support and help you. This may include transferring you a clinical nursing staff, the Samaritans (116 123) or Breathing Space (0800 83 85 87).

## What does it look like?



# The Sessions

The eight sessions are designed to be completed on a weekly basis, but it is not required for you to complete all within eight weeks – you can complete and revisit at your own pace.

## **Session 1: *Getting Started***

- Helps you to establish a clear picture of your problems and their causes.
- Video clips are shown of people with similar problems to your own.
- Teaches some useful ways of dealing with anxiety and depression.

## **Session 2: *Goal Setting & Automatic Thoughts***

- Helps you to set your goals for therapy.
- Shows the links between your feelings and what you do, think and say.
- Helps you to tap into your thoughts and the effect they have on you.
- Offers you a choice of two new ways to help you deal with your individual problems.

## **Session 3: *Common Thinking Distortions in Anxiety & Depression***

- Shows how our thinking often becomes twisted when we are stressed, anxious or depressed, which makes us even more upset.
- We describe this pattern as a ‘thinking error’.
- This session teaches you how to check your thoughts for such ‘thinking errors’.

## **Session 4: *Changing Unhelpful Thinking***

- Teaches you how to change any unhelpful thoughts you may have.
- Introduces another technique for dealing with your particular problems.

## **Session 5: *Inner Beliefs***

- Helps you to find out more about your beliefs to check whether they are helpful or not.
- Teaches you how to change unhelpful beliefs in order to feel better and stay better.

## **Session 6: *Inner Beliefs (continued) and Thinking Habits***

- Looks at the reasons we give for events in our lives.  
Some types of reasons lead to feelings of low self-esteem and hopelessness.

## **Session 7: *Thinking Habits (continued)***

- Continues the work you started in the last session on ‘reasons’.
- Each of us has learned a particular way of explaining things and this session helps you to check your particular way.
- You will learn new thinking habits and further ways to deal with our particular problem.

## **Session 8: *Conclusion and Coping with Setbacks***

- In this last session, you review all that you have learnt in the program and check your progress on dealing with your problems.
- Helps you to set goals for the coming months
- Helps you to plan what to do in case you face a setback in the future.