

Beating the Blues

Participant Information

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



Suitable for All

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. Using Beating the Blues can help you get better and stay better but it may also be useful for you to speak to your GP or health professional about your condition.



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?

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.



Anywhere



All-Online



Audio



Smartphone



Tablet



Laptop/PC

How to 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.

How can I access Beating the Blues?



Go to the following URL on your computer or smart device:

maximusuk.co.uk/btb



Complete the online mood-checker quiz



Enter the access code when prompted

Please contact your Key Worker for a unique activation code



Complete the registration details



Agree to the Terms and Conditions

Get started on your road to recovery.