

Beating the Blues

Computerised cognitive behavioural therapy (CBT)



Healthy Minds Bucks

Buckinghamshire Primary Care Wellbeing Service

iapt

Improving Access to Psychological Therapies



What is *Beating the Blues*?

Beating the Blues is a type of computerised cognitive behaviour therapy (CCBT), which has been found to be effective in helping people with depression and anxiety.

How do I access *Beating the Blues*?

You will be able to access the programme from your own home if you have access to the internet, so you can complete the sessions at a time that's convenient for you.

If you don't have the internet you will be able to use the programme in various libraries and community centres across the county.

How does *Beating the Blues* work?

The techniques covered in the sessions are based on Cognitive Behavioural Therapy, which aims to make changes in unhelpful thinking patterns and behaviour.

The programme will help you to overcome negative thinking, to introduce more pleasurable activities into your life, and will offer advice on improving sleep and solving problems.

You will be able to look at case studies while using the programme, so you can see how other people have been able to use the techniques.

How long does it take to complete *Beating the Blues*?

There are eight sessions to complete, and each one takes around an hour. At the end of each session you will print off activities to do over the next week, which will help you learn to put the techniques from the programme into practice.

Do I get any support whilst completing *Beating the Blues*?

While you are working through the programme you will have regular telephone contact.





What do I do now?

Please contact Healthy Minds if you decide you wish to start *Beating the Blues*. Your Psychological Wellbeing Practitioner will provide you with an activation code and help you get started.

To help you decide if you would like to start using *Beating the Blues*, here is a link to an introductory video

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

To look at the video (and to use the programme) you will need to have Flashplayer installed on your computer. This is free to download and you will automatically be asked if you want to download it when you go to the above link.

Is *Beating the Blues* confidential?

Records of the care you receive may be accessed at certain times to allow our staff to provide you with the appropriate level of support you require during your treatment.

Sometimes information will be shared with other health professionals within the service as part of the supervision process. We only share your information if we feel it could help your therapy, or if we feel there is significant risk to yourself or others.

We aim to keep your referrer (usually your GP) updated throughout your period of contact with the service. You are entitled to a copy of all written correspondence.

Feedback from people who have attended our courses

“Beating the Blues helped me realise I can change the way I’m feeling”

“Through Beating the Blues I found a way to understand my moods and learn effective tools to develop a happier and more balanced life.”

“I can challenge the way I think and work out for myself what’s going on”



Contact Us

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

ਜੇ ਨਮੁਨੇ ਆ ਮਾਤਿਨੀ ਘੀਠੁ ਆਖਾਮਾਂ ਅਥਵਾ ਘੀਠੁ ਆਕਾਰਮਾਂ ਆਠਿਐ, ਤੋ ਕ੍ਰਪਾ ਕਰੀਨੇ ਅਮਨੇ ਪ੍ਰਠੀ
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए ही तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਠਿਠ ਨਾਠਵਾਨੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਸ਼ਕਲ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁੱਛੋ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو براہ مہربانی ہم سے پوچھیں۔۔

The **Healthy Minds** service can be contacted by phone on **01865 901 600** or email at healthy.minds@oxfordhealth.nhs.uk

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