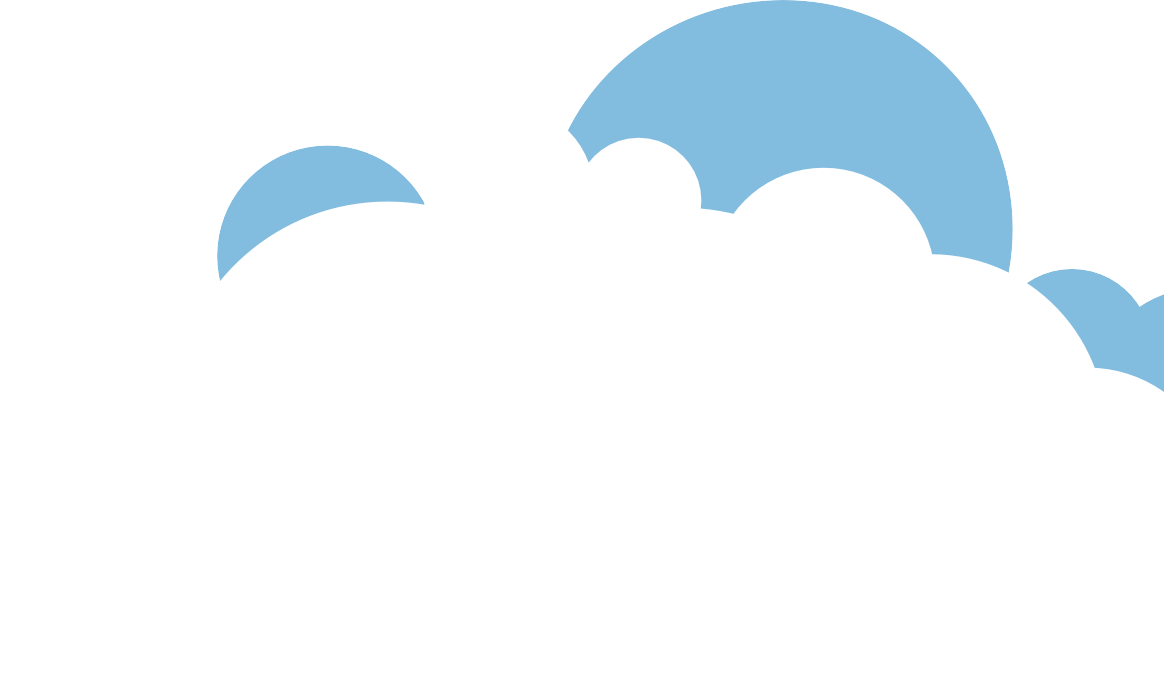
## About anxiety and depression



Depression and anxiety are extremely common and affect about 15% of adults in a lifetime and 7% in any one year. Many of us recover naturally - sometimes simply because the cause of the problem has passed. However, if symptoms persist, worsen or are having a significant effect on our quality of life then it is best to get help.

## How does it feel to have depression?

The symptoms of depression vary from person to person. When you have depression you can often feel sad, gloomy or lonely. You may have trouble sleeping then feel tired and irritable during the day. You may have difficulty concentrating, remembering things and making decisions. Often, when you are depressed or anxious, you have a negative view of yourself and the future. You may be less able to work or participate in social activities, leaving you feeling unable to cope with worries about money and the future. A result of these feelings is that you may withdraw from friends, and lose interest in activities and things you usually enjoy.

## How does it feel to be anxious?

When some people get anxious they get headaches, pounding hearts, tense muscles and breathlessness or they feel wound up, agitated or irritable. You could describe these symptoms by saying that you feel anxious, stressed, nervous, wound-up or panicky.

## About CBT

Cognitive Behavioural Therapy (CBT) has been used successfully for many years to treat stress, anxiety and depression. Rather than focusing on what happened in the past, CBT helps you to focus on resolving your current issues. CBT helps you to see the link between how you think and how this influences how you feel and behave. In particular, it goes to work on your negative thoughts and shows you how to think in a more helpful way.

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Beating the Blues

PRIMARY CARE - PATIENT INFORMATION

[www.elament.org.uk/self-help-](http://www.elament.org.uk/self-help-)

resources/beating-the-blues/





Your doctor thinks we can help and has asked us to contact you

# Beating the Blues is an online CBT program available to use on tablets, PC’s and Smart Phones Its easy to use and completely confidential. It’s an effective way of treating anxiety and depression.

There are 8 fifty-minute sessions to take part in and you can progress at your own pace, working on problems that are specific to you.

Studies have shown that 70% of patients with mild to moderate depression who complete Beating the Blues require no further treatment and 89% rated the program as helpful to them.

What happens next?

Ask your GP/or Heath Care Professional to make a referral for you to Beating the Blues. You will then receive an email from the cCBT Administrator within 28 days with more information and details on how you can access the programme.

1

You will then be able to use Beating the Blues at any time of day and as often as you like.

Our experience shows that if you set aside a specific time for your session each week, then you are more likely to complete it and get better.

2

### We will keep in touch with you

The cCBT Administrator will be available to help you to deal with any problems you may have.

You will receive regular reminders to help you complete the program.

3

### You can email the cCBT Administrator with any issues or questions you may have.

### 

### [Lan.beatingtheblues@nhs.net](mailto:Lan.beatingtheblues@nhs.net)

You can find out more at

[www.elament.org.uk/self-help-resources/beating-the-blues/](file:///C:\Users\dowlingd\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\B2OQC0FR\www.elament.org.uk\self-help-resources\beating-the-blues\)

*“It’s given me the confidence to actually manage my own feelings... and it helps you to understand where these feelings are coming from.”*

*“It’s the behavioural changes that have been most helpful and definitely had an effect on all areas of my life.”*

*“Definitely give it a go; I think it’s been really useful.”*

Find out more

Beating the Blues® is a computer-based, telephone supported Cognitive Behavioural Therapy (cCBT) that works by helping you understand stress, depression and anxiety and then provides you with ways to better deal with your condition.

cCBT is recommended by the National Institute for Health and Clinical Excellence (NICE) and the Scottish Intercollegiate Guideline Network (SIGN) for the treatment of depression.

Contact the cCBT Administrator

[Lan.beatingtheblues@nhs.net](mailto:Lan.beatingtheblues@nhs.net)

Tel – 01355 597 999