

BEATING THE BLUES REFERRAL GUIDELINES



What is Beating the Blues?

Beating the Blues is an online evidence-based treatment programme that uses Cognitive Behavioural Therapy (CBT) techniques to help patients manage stress, low mood, anxiety and depression.



Stress



Anxiety



Depression

Throughout Beating the Blues patients watch video clips to see how other people with anxiety and depression have been helped and learn CBT techniques through simple exercises. It's recommended that patients aim to complete 1 module, which takes 10 minutes to complete, every other day.



NICE & SIGN
Recommended



CBT
Sessions



Video Clips



Practise
Techniques



Self-guided



Easy to Use

Online CBT has been recommended by NICE and SIGN for the treatment of depression and anxiety. Beating the Blues was the first cCBT programme to be recommended by NICE (2007).

Who is suitable for Beating the Blues?



Patients with mild and moderate depression and/or anxiety



Patients with sub-clinical symptoms of depression and/or anxiety that are affecting their lives



Patients who would benefit from a CBT approach and who are willing to access therapy online



Patients aged 16 and above



Patients who may be on medication but need a bit more help



Patients with access to a computer, laptop, tablet or smartphone.



Patients with **active** suicide plans



Patients who cannot read English to a reading age of 9 and above



Patients in the acute phase of psychosis or mania



Patients with a cognitive functioning disorder e.g. dementia

How do patients access Beating the Blues?

The Beating the Blues Coordinator registers the patient for the programme, who receives sign-up details by email. The patient clicks the link in the email, chooses a secure username and password and registers their account.



Email



Secure
Sign-Up

The patient then completes an introductory tour on how to use the programme, and agrees to the Terms and Conditions and Privacy Policy of use before starting Session 1.

What are the technical requirements?

The programme is accessible anywhere with an internet connection via the devices shown below.



Anywhere



All-Online



Headphones
or Speakers



Smartphone



Tablet



Laptop/PC

What happens if the patient has suicidal thoughts?

At the beginning of each Beating the Blues session the patient will be asked if they have had thoughts of suicide in the last 7 days. If the patient's answer is 'Yes' their GP or Healthcare professional will be informed by the next working day. The patient will be advised that their referrer may telephone them to offer support and to discuss how they are feeling.



Thoughts
Check



Support
Call

If the patient has thoughts of self-harm they will be advised to stop using the programme and to contact someone for help. If the patient is completing the programme outside of normal working hours they are advised to contact NHS 24 on 111 or the Samaritans on 116 123 and to tell them how they are feeling.



Stop



Samaritans



NHS24

Where can I get further information?

Contact your Beating the Blues Coordinator for NHS Greater Glasgow & Clyde

Monday-Friday 8.00am-5.00pm



Email: CCBT@ggc.scot.nhs.uk



Telephone: 0141 287 0295

