

Struggling to cope?



beatingtheblues[®]
cognitive behavioural therapy

Online treatment for depression & anxiety

“1 in 5 of us are affected by mental health problems”

Free access from your health professional to
computerised Cognitive Behavioural Therapy

Eight confidential sessions help outline problems to work on

Done at your pace, in your own home, at your convenience

A dedicated helper available to support you throughout

Works well with other treatments and can be accessed quickly

Thousands of users in Scotland - benefits seen from 1st session

*“If you can't change it,
change the way you think about it...”*

For more information on how you can **beat the blues**:

Visit: www.beatingtheblues.co.uk

Email: ccbtf@nhslothian.scot.nhs.uk

...Ask your GP today