



What is Beating the Blues?

Beating the Blues is a clinically validated online Cognitive Behavioural Therapy (CBT) tool, designed by experts to help individuals manage mild-to-moderate depression and anxiety.

It brings all the benefits of CBT directly to your patients via their computer or smart device, at no cost to the patient or the provider.

The program is made up of 8 weekly sessions each lasting 50 minutes. It is interactive, completely confidential, and can be completed anywhere and at anytime.

Progress and activity reports are readily available so that providers can track their patient's progress and are alerted if they record any potentially harmful behaviour requiring intervention or support.



Even if you don't see your doctor often, Beating the Blues can help you control and manage your mental health



LET'S CONNECT!

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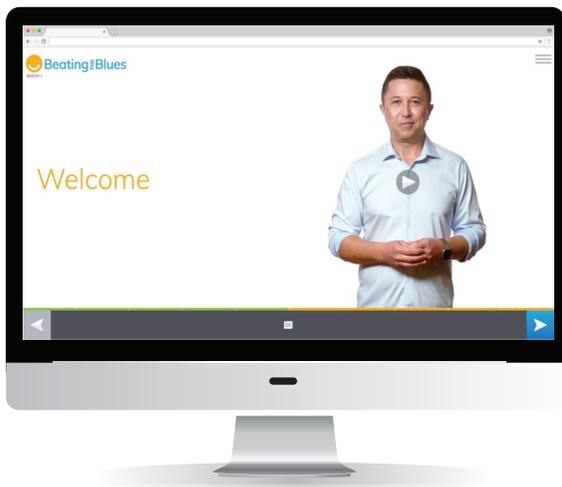
BEAT DEPRESSION AND ANXIETY



HELP YOUR PATIENTS GET WELL AND STAY WELL

Are you prescribing Beating the Blues?

- ☺ An evidence-based online CBT treatment programme for depression and anxiety
- ☺ Fully funded by the Ministry of Health for adults (18+) living in New Zealand
- ☺ Recommended by NICE
- ☺ Interactive, online, confidential
- ☺ 8 weekly 50-minute online sessions
- ☺ Patients can access via mobile, tablet, or computer – anytime, anywhere
- ☺ Available for any General Practice with any PMS/Patient Portal

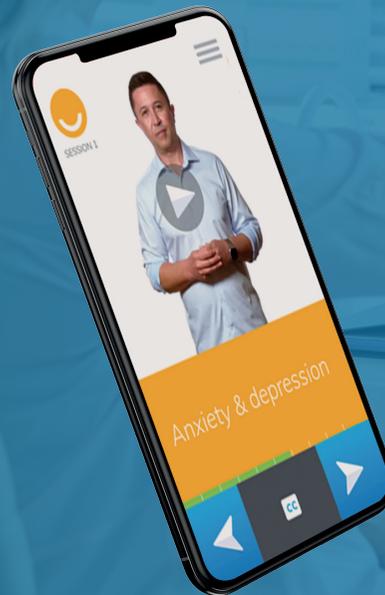


How does it work?

Beating the Blues consists of 8 weekly online sessions, each lasting 50 minutes. It works by helping patients understand depression and anxiety and then providing them with tools to better manage their condition, teaching them how to think differently about themselves and the things that happen to them.

After each session, patients are given things to do and think about as they go about their daily lives.

Seven out of ten people who have used Beating the Blues have been able to overcome their depression and would recommend it to one of their friends.



“
I found this programme really good. I know I will carry on using the stuff it taught me when life gets difficult
”

– Josh