

# Beating the blues

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“Beating the Blues” is a web-based cognitive behavioural programme for people with symptoms of mild or mild-moderate depression, with good social support. They may have some degree of disruption to daily function as well as possible sleep and mood disturbance. If depression scoring tools are used, this would be equivalent to a patient with a PHQ-9 score of 10 – 14 or a Kessler 10 score of <16.


Once the General Practitioner has established that the patient has mild or mild-moderate depression, they can then:

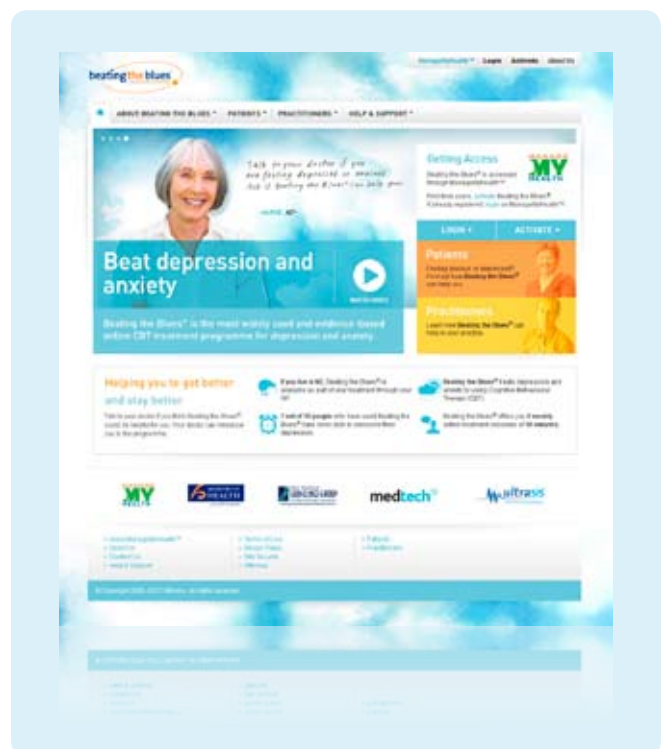
- Give general advice and support
- Refer them to other services as appropriate, e.g. budget/employment services
- Give them written information about depression or referral to a recommended reading list
- Refer them to online resources such as: [www.depression.org.nz](http://www.depression.org.nz)
- Refer them to Beating the Blues

In order to participate in the Beating the Blues programme, the patient needs access to a computer, the internet and an email address. They also need to be able to commit 50 minutes a week to doing the programme. There are eight sessions in the programme and patients can leave the programme at anytime; most people do not complete all eight sessions.

The *bestpractice* Decision Support depression modules contain links to Beating the Blues. The Beating the Blues programme is accessed via “Manage My Health”.

Patients who do not have the resources available to them to participate in the programme, patients with less social support or patients with a higher degree of disorder of their mental health can be referred to a counsellor, psychologist or primary mental health coordinator for additional support.

 For further information, visit:  
[www.beatingtheblues.co.nz](http://www.beatingtheblues.co.nz)



Management of Depression

bestpractice  
DECISION SUPPORT FOR HEALTH PROFESSIONALS

Screening PHQ-9 / K10 Risk Assessment Additional Resources

Additional Assessment Tools

- GAD-7 (Generalised Anxiety Disorder Scale)
- CHAT (Case-finding and Help Assessment Tool)
- AUDIT (Alcohol Use Disorders Identification Test)

PRINT ONLY copies of Assessments (not for online completion)

E-Therapy sites 'Beating the Blues' & 'The Journal' - INFORMATION FOR PRIMARY CARE

- Beating the Blues - info about the tool
- The Journal - info about the tool
- The Journal (demo version)

These e-therapy resources can be promoted to patients suffering mild to moderate depression, who have relevant resources and interest. Click the link below to generate a printout with the website addresses to print/email.

Web-based resources

Patient Resources

- Pamphlets
- Web-based resources

Order Patient Resources Online

- Depression: There is a way through it
- Mental Health Foundation pamphlets

NZGG Resources

- Assessment Tools

**E-Therapy**

- Beating the Blues**  
Offers online CBT programmes for depression and anxiety. **Requires Registration from your GP to access.**  
<http://www.beatingtheblues.co.nz/>
- The Journal**  
'The Journal' is a self-management programme for people with depression, fronted by John Kirwan.  
<http://www.depression.org.nz>

Figure 1: The bestpractice Decision Support depression module showing links to Beating the Blues.



# Are you prescribing Beating the Blues®?

## Its FREE for patients through Primary Care

- Evidenced Based – endorsed by NZGG and prescribed for over 3,000+ NZ patients
- Recommended by National Institute of Clinical Excellence (NICE) UK
- Interactive, online, and confidential
- Gain life-long skills and coping strategies
- Weekly 50 minute online sessions at a time convenient for your patients

An effective online treatment programme for depression and anxiety



*It really helped me understand what I needed to do to help myself*

PETER, NZ\*



*Definitely give it a go. I think it's been really useful*

LANI, NZ\*

Beating the Blues® offers you one online 50 minute treatment session per week for eight weeks. It is based on Cognitive Behavioural Therapy, helping you change unhelpful thinking and behaviour. Beating the Blues® can be used with or without medication.

To start using Beating the Blues® email [info@managemyhealth.co.nz](mailto:info@managemyhealth.co.nz) and for more information visit [www.beatingtheblues.co.nz](http://www.beatingtheblues.co.nz)



\*Quotes are from actual patients who have used Beating the Blues®. Names and faces have been changed to preserve privacy.