Beating the Blues is proven to help reduce your depression and anxiety. This online resource offers 8 weekly sessions that empower users to take an active role in their own care.

**What is Beating the Blues?**

Beating the Blues is proven to help reduce your depression and anxiety. This online resource offers 8 weekly sessions that empower users to take an active role in their own care.

**The Benefits:**
- Accessible anywhere with an internet connection
- Confidential and private
- Coaching support
- Move at your own pace
- Experience less anxiety and depression
- No cost

**How do I begin?**

- Contact a COMCARE Beating the Blues coach at 660-7618 or
- Email your contact information to BeatingTheBlues@sedgwick.gov or
- Ask your doctor about a referral. Call 660-7618 to provide contact information for the person being referred.

What did others say after using Beating the Blues?

“People should really give it a try. I have been in therapy before, but not until Beating the Blues have I been able to see how my thoughts and behaviors affected my feelings.”

“I really like it because I get to think about my responses and not come up with something on the spot like I would in a therapist’s office.”

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