

The Key to Beating the Blues



is at Your Fingertips

beating the blues US

cognitive behavioral therapy

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

7 out of **10**

...people who have used Beating the Blues have been able to reduce their depression or anxiety symptoms.

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."



COMCARE

A Licensed Community Mental Health Center

Sedgwick County...

working for you

www.beatingthebluesus.com