



Information Sheet One

Welcome to Computerised Cognitive Behavioural Therapy (Beating The Blues)

CCBT is a clinically proven, drug free treatment for depression, anxiety, phobias and panic which can either be used as an intervention on its own, or with other forms of therapy.

The course is computer based and it takes the form of eight, 50 minute sessions using Cognitive Behavioural Therapy. During the sessions, you will be able to work through modules on:

- Identifying negative thoughts
- Challenging negative thoughts
- Recognising ways in which we distract ourselves from our problems
- Solving practical problems
- Sleep and time management

No previous computer experience is needed and you will be able to access some assistance from the First Steps advisors, via the phone-line, should you have any difficulties understanding or applying the techniques described.

The programme is online though if you do not have internet access the service is also being provided within Surrey libraries. You will need to discuss with a First Steps Advisor which library you wish to attend to do your sessions.

Once you have been referred for CCBT you will receive an email containing an activation code which will enable you to start the programme. If you do not have an email address and/or are going to work on the programme at the library we will contact you with the activation code by phone or post.

To log in visit the website www.beatingtheblues.co.uk

The first time you log-in you will be asked for an activation code, this will have been sent to you via email (or if working through the programme in a library then over the phone or post from First Steps). You will then be asked for a user name and a password. It is important that you keep a record of your username and how it is written, as you must enter it each time in the same case e.g. if 'Dan Smith' is your user name then the computer will not accept 'dan smith' or 'Dan smith'.

If you forget your password please contact us for assistance in resetting it. **YOU SHOULD NEVER BE ASKED FOR YOUR PASSWORD BY ANYONE FROM FIRST STEPS.** No one will be able to access the personal information that you input during your sessions. Information will however be viewed by First Steps NHS staff if you disclose immediate risk to yourself or others. Where risk is disclosed we will contact you to discuss it further.

The first time you use "Beating The Blues" you will be asked several questions before you can begin, this will only be for the first session though. If you feel that you would like to repeat a session please let First Steps know, so that we can set this up for you.

If you have any issues with Beating The Blues please contact First Steps who can either discuss these with you over the phone or in a face to face session. If you would like support out of the First Steps hours (Tues 12-4, Weds 12-4, Thurs 2-6) we suggest the following organisations:

Ultrasis – 0207 566 3900 For technical issues such as if your activation code is not recognised or other issues with logging on.

Samaritans - 01737 248444 Support to people who are depressed, anxious, lonely or suicidal. Befriending through telephone or personal visits

Family Line - 0808 800 5678 A confidential free-phone telephone helpline for anyone with family concerns, including: children's behaviour, separation/divorce, adult relationships, step-parenting issues, feeling isolated/alone, school problems, teenage behaviour, grandchildren etc

Cruse - 01737 772834 Answer-phone available with 24 hour help lines. Support & advice for anyone bereaved or anyone who has been affected by a death. Over 150 branches throughout the UK.

Primary Care Mental Health Teams:

If you would like to speak to a mental health professional urgently please call one of the following numbers:

If you live in Mole Valley	call	01306 502400
If you live in Tandridge:	call	01883 358481
If you live in Redhill:	call	01737 272301
If you live in Epsom:	call	01372 204000
If you live in East Elmbridge:	call	02088 734300

An Adviser from First Steps will contact you after your second and sixth session to see how you are finding the programme but please call any other time you feel we may be able to help.

When prompted during the sessions you will have information printed out, remember to keep this in your folder and work through it during the week. If you are using Beating The Blues in the library you should let the library staff know that you have sent material for print and they will print this work for you free of charge (only you will see the material).

Although this programme is only eight sessions long it will be the work that you do in your own time during **and after** these eight sessions that will make the difference to the way you are feeling. You will get out from the CCBT what you put in, the more time you spend practising the techniques learnt during your sessions in the time between sessions the more beneficial you will find them.